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Bread and Bread Making

"A loaf of bread, the Walrus said, is what we chiefly need."
CARROLL.

Bread

There is hardly any food except milk which is so universally used as bread, and not only is it now known almost everywhere, but since history first began it has in some form or other made one of the staples of diet among all but the most savage people. The reason is very simple. Men early saw that food prepared from cereals would support life and strength better than any other single food except milk, and that of all the forms in which they were used bread was the most satisfactory, because the most digestible and appetizing.

In regard to its ingredients, bread is one of the simplest of our cooked foods, but in regard to the changes which the raw materials must undergo to produce a finished loaf, it is one of the most complicated. Flour, water, a pinch of salt, and a little yeast are the strictly necessary ingredients, yet one of the books which describe the processes of bread making contains over six hundred pages.

Beginning back in the flour mill, the grain is ground into powder, the coarser parts of which are sifted out as bran, while the finer constitute our flour. In the cook's hands the flour is mixed with water and yeast, or something which will produce the same effect. When this paste or dough, containing yeast, is set in a warm place the yeast begins to "work," as we say, and the dough to "rise;" in other words, the yeast causes a change known as alcoholic fermentation to set in, one of the principal

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results of which is the production of carbon dioxid gas. If the dough was well mixed, this gas appears all through it, and, expanding, leavens or raises it. After the yeast has worked sufficiently the dough is shut up in a hot oven. Here the heat kills the yeast and prevents further alcoholic fermentation, causes the gas to expand and stretch open the little pockets which it forms between the particles of dough, and changes some of the water present into steam, thus raising the loaf still more. Further, the heat hardens and darkens the outer layers into what we call the crust. The sum of these changes in the oven we call baking. When they have been continued long enough our bread is "done," ready to cool and be eaten.

Flour

Bread is made chiefly from wheat flour, but rye and corn meal are sometimes used, and wheat is frequently mixed with one or more of these grains. Wheat contains all the elements necessary for the growth of the body, but the different kinds vary as to the amount and quality of gluten which is one of its most important constituents. This gluten is a tough, gray, elastic substance, consisting chiefly of vegetable fibrine, and it determines the quality of the flour. The more gluten, and the tougher or stronger it is, the better the flour. The gluten of good flour will swell to four or five times its original bulk, while that of poor flour does not swell, but becomes watery and sticky, and sometimes gives off a disagreeable odor, owing to the deterioration of the fatty or oily element. Good flour should be white with a faint yellow tinge; after being pressed in the hand it should fall loosely apart; if it stays in lumps it has too much moisture in it; when rubbed between the fingers it should not feel too smooth and powdery, but its individual particles should be vaguely distinguishable; when put between the teeth it should "crunch" a little; its taste should be sweet and nutty without a suspicion of acidity.

Yeast

Yeast is a plant which grows in the presence of moisture, heat, and nutritive material and develops best at a temperature of 77°–95° F. There are three kinds of yeast in general use, the dry, the compressed, and the liquid. Each has its own merit. Com-

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pressed yeasts are made by growing yeast plants in some sweet liquid, then drying their material to check their growth, and pressing it; sometimes a little starch is added to make the little cakes keep their shape. The strength of any yeast depends on the care with which it is made and preserved. Compressed yeasts, if carefully made, are uniform in strength and composition, and are perhaps more extensively used for raising bread than any other kind.

Making the Dough

There are various ways of mixing dough, but certain general rules apply to them all. As yeast develops best at a moderately high temperature (77°–95° F.), the materials of the dough should be at least lukewarm, and the mixing and the raising should be done in a warm place, as free as possible from drafts. All portions of the dough must be thoroughly mixed with the flour and liquid, and all parts should be exposed to the air; both these results are accomplished by the kneading. Too little yeast makes a badly raised loaf; too much yeast renders the dough heavy and soggy, and gives an unpleasant taste to the bread. Private families usually use milk instead of water in mixing bread. Such dough is slower in rising, but makes an equally light loaf. Milk bread naturally contains a larger percentage of proteids and fats than water bread and is equally digestible. Its use is by all means to be advocated. Salt is used in bread because it imparts a flavor without which bread is usually considered insipid, and because it exerts a retarding influence on the chemical process by which starch is converted into sugar and on fermentation. It should be added toward the end of the mixing because it also checks lactic or butyric fermentations such as often follow the alcoholic fermentation. The amount of yeast and of milk to be used in bread depends on the strength of the flour, and nothing but practical experience can teach one the exact quantities, but the average of about three parts of flour to one of water or milk is generally suggested. In mixing and kneading bread the utmost cleanliness should be observed.

Baking and Cooling

Bread goes into the oven a heavy, uniform mass, and comes out a light body of increased volume, with a crisp, dark exterior—the crust—and a firm, spongy interior—the crumb. The inside of the

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loaf heats more slowly than the outside, the moisture in it preventing the temperature from rising much above the boiling point of water. The heat of the oven soon kills the yeast, but the gas in the dough still expands, and forcing its way outward enlarges the loaf and gives it a spongy appearance. The gluten is stiffened by the heat so that even after the gas escapes the walls still retain their shape. The crust becomes hard and dark, the heat converts its starch into stiff gum and sugar, and dries out the moisture. The temperature of the oven should not be too great at first, else the outside will harden too quickly and the interior will not be done. Further, the gas unable to escape will lift up the crust, leaving great holes beneath it. The temperature and time required for baking depend upon the size of the loaves. For ordinary purposes the oven should be 400°–500° F., and a pound loaf should be baked an hour or an hour and a quarter, and small rolls perhaps half an hour. On being taken from the oven bread should be placed on slats or sieves, so that the air can circulate about it, until it is thoroughly cooled. By that time the gas and steam have escaped and the bread may be put away. Do not wrap it in cloths, as this shuts up the steam in the loaf and makes it damp and clammy.

Milk Bread

Let three pints of flour stand in a warm place over night where it will become dry and light. In the morning make a sponge, using half a cake of Fleischmann & Co.'s compressed yeast, half a cup of the flour and sufficient milk to wet it. Let the mixture rise until it is ready to fall. Add a tablespoonful of granulated sugar, a teaspoonful of salt, a piece of lard the size of a walnut and one and a half pints of new warm milk, or sufficient to mix the flour into a dough as soft as can be easily kneaded. Mix all together thoroughly, and knead ten minutes. Let it rise till half as large again as when mixed; knead five minutes more in the pan; let it rise to twice its size; knead ten minutes, using no flour, and form into one large double loaf, or two small ones, and let it rise about thirty minutes. Bake in a moderate oven one hour if a double loaf, or three quarters of an hour if small ones. If the bread is mixed by 7 A.M. it may be baked easily before dinner, and will be much better and less likely to become sour than if mixed over night.

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Whole Wheat or Graham Bread

Mix with milk one quart of Graham flour, a little less than one pint of wheat flour, half a yeast cake risen in half a cup of flour, half a cup of granulated sugar, and one teaspoonful of salt. Beat fifteen minutes, put in pans, and let it rise till light. Bake one and a half hours in an oven at a lower temperature than is used for white bread. If mixed over night it is liable to become sour. To avoid this let it stand in a temperature not above 50° F., or better still, mix in the morning. Always sift the flour.

Sour Milk Brown Bread

3½ cups sour milk,
2 cups indian meal,
2 cups rye meal,
1 cup flour,
½ cup molasses,
1 teaspoonful salt,
1 teaspoonful saleratus.

Brown Bread

2 cups indian meal,
2 cups rye meal,
1 cup molasses,
1 teaspoonful salt,
1 teaspoonful soda,
4 cups cold water.

Mix the ingredients and bake five hours.

Raised Biscuit

Mix three pints of flour, half a cup of sugar, a scant teaspoonful of salt, and half a yeast cake made into a sponge with half a cup of the flour. Let it rise until ready to fall. Add to the other ingredients one and a half pints of sweet, warm milk, and butter the size of an egg. Mix thoroughly, as soft as can be kneaded, without additional flour, ten minutes. Let it rise again, add the white of one egg beaten light, and knead ten minutes. Form it into twenty-five large or thirty-six small balls. Let them rise again till nearly twice as large, and bake from twenty to thirty minutes in a moderate oven.

Breakfast Puffs, or Pop-overs

Mix two eggs, two cups of milk, two cups of flour, and salt. Bake in hot buttered gem pans in a quick oven, and serve immediately.

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Soda and Cream of Tartar Biscuit

Mix in the order given, one quart of sifted flour, one teaspoonful of salt, eight level teaspoonfuls of baking powder, and one large tablespoonful of butter. Stir in milk gradually to make it stiff enough to handle. Cut the biscuit about half an inch thick.

Tea Muffins

Mix in the order given, two and one half cups of pastry flour (after sifting), half a teaspoonful of soda, one teaspoonful of cream of tartar, a scant half cup of sugar, half a teaspoonful of salt, one egg, one cup of milk, and one tablespoonful of melted butter, and bake in gem pans. Add one cup of berries and it makes a delicious berry cake. This will make eighteen muffins.

Graham Gems

Mix two cups of Graham flour, one cup of wheat flour, one cup of sour milk, one cup of water, two tablespoonfuls of molasses, half a spoonful of salt, and one teaspoonful of soda. Bake in gem pans, which should be very hot when filled. Bake in a quick oven.

Bunns

Mix three cups of warm milk, one cup of sugar, one cup of yeast, or a yeast cake dissolved in a cup of water. Add flour to make a batter of this at noon. When it has risen until light, add two cups of sugar, one cup of butter, a little nutmeg, one teaspoonful of saleratus, and one cup of currants. Mix about as stiff with bread flour as white bread. Let it rise over night; in the morning make into small cakes, and rub egg and molasses on the top before putting them into the oven. Let the bunns rise in the pan before baking.

Corn Cake

1 cup corn meal,
1 cup flour,
1 cup milk,
1 egg,
1 tablespoonful sugar,
½ teaspoonful salt,
3 teaspoonfuls baking powder mixed in the meal.

Beat the egg until light, add to the milk, stir quickly into the bowl and bake half an hour in a shallow cake pan, or twenty minutes in a dozen muffins.

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Griddle Cakes

Mix two eggs well beaten, a pint of milk — if sour, a level teaspoonful of soda; if sweet, half a teaspoonful of soda and a teaspoonful of cream of tartar—and half a teaspoonful of salt. Thicken with flour into a batter. Bake in cakes on a hot, well-greased griddle. When full of bubbles, turn and bake on the other side till they stop puffing.

Doughnuts

Mix one cup of sugar (light brown), one egg, one cup of sweet milk, two small teaspoonfuls of cream of tartar, one small teaspoonful of saleratus, one small teaspoonful of salt, four even teaspoonfuls of lard, a little nutmeg, and sufficient flour to make it soft enough to roll out. Cut it in rings with an open cutter. Fry them in fat sufficiently hot for the dough to rise to the top instantly.

Nut Bread

Nut bread is delicious for picnic sandwiches. Scald half a cupful of milk and add half a cupful of boiling water. As soon as the liquid is lukewarm stir into it three-fourths of a cake of compressed yeast which has been softened in three tablespoonfuls of lukewarm water. Add a teaspoonful each of butter and lard, two tablespoonfuls of molasses, half a teaspoonful of salt and a cupful of pecan or English walnut meats ground fine. Mix with half a cupful of white flour and whole wheat flour enough to make a dough that can be kneaded. For sandwiches, cut it in thin slices and spread with currant jelly.

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Soups

"*A genial savour of certain stews.*"

BYRON.

Brown Soup Stock

6 pounds hind shin of beef,
6 quarts cold water,
10 whole cloves,
10 whole peppercorns,
10 allspice,
Bouquet of sweet herbs,
1 large tablespoonful salt,
3 small onions,
1 carrot,
1 turnip,
2 stalks celery,
2 sprigs parsley.

Wipe and cut the meat and bones into small pieces. Put the marrow, bones, half the meat, and the cold water into the kettle. Soak half an hour before heating. Add spices and herbs. Brown the onions and the remainder of the meat, and add them to the stock. Add the vegetables cut fine. Let it simmer six or seven hours, and strain.

Bouillon

4 pounds beef from the middle of the round,
2 pounds bone,
2 quarts cold water,
1 tablespoonful salt,
4 peppercorns,
4 cloves,
1 tablespoonful mixed herbs.

Wipe and cut the meat and bones into small pieces; add the water, and heat slowly; add the seasoning, and let it simmer five hours. Boil it down to three pints, strain, remove the fat, and season with salt and pepper. Boil one onion, half a carrot, and half a turnip with it if you like. Serve in cups at luncheons, evening companies, etc.

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Tomato Soup with Stock

1 quart stock,
1 teaspoonful sugar,
1 saltspoonful pepper,
1 can tomatoes,
1 teaspoonful salt.

Stew the tomatoes until soft enough to strain. Rub all but the seeds through the strainer. Add the sugar, salt and pepper. Add all to the boiling stock. Serve with croûtons.

White Soup Stock

White soup stock is made from veal or chicken, seasoned with onion, celery salt and white pepper, avoiding anything that will give it color. White soups are thickened with rice, corn starch, flour, eggs, or the white meat of chicken chopped fine, and are made still richer by adding milk or cream.

Turkey Soup

Cover the bones and scraps left from roast turkey or chicken with cold water, removing all the stuffing and keeping that by itself. Add one small onion, sliced, one teaspoonful of salt, and a little pepper. Let it simmer two or three hours, or until the bones are clean. Strain, and remove the fat. Put the liquor on to boil again, and add for every quart of liquor one cup of cold meat cut into small pieces and half a cup of the stuffing. If preferred, omit the stuffing and thicken the soup with flour. Let it simmer until the meat is tender, and serve at once.

Vegetable Soup

Boil the bones, trimmings and remnants of beef, mutton, fowl, and ham in cold water until the meat is reduced to shreds. Strain, set it in a cool place, and when cool remove the fat. To two quarts of this liquor (if too strong dilute it by adding one pint of boiling water), add one carrot chopped, one turnip cut into thin inch pieces, one potato and two onions sliced, and one cup of chopped cabbage. Boil one hour, and salt it to taste.

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Mutton Broth

Cut the shoulder or neck of mutton into small pieces, wash, and put it into a soup-pot. After it comes to a boil, cool, and skim carefully. Let it boil gently for two hours, and add to four pounds of meat four quarts of water and half a cup of rice. Season with salt, pepper, and half an onion. Boil gently two hours longer, and serve.

Beef Soup

Boil six pounds of beef in seven quarts of water with one onion, one carrot, one turnip, and eight whole cloves, six hours. Strain, cool, skim, thicken with one half a cup of flour, and boil one hour longer. Stir in some beef cut in small pieces, and serve.

Tomato Soup

Boil one hour one quart of tomatoes and one pint of water; add one tablespoonful of butter, two of flour, salt and pepper to taste, and soda the size of a pea. Let all come to a boil, add one quart of milk, strain, and serve.

Chicken Soup

Singe, clean, and wipe three or four pounds of fowl from which the legs and wings have been removed, disjoint the body, and put it on to boil in three quarts of cold water. Let it come to a boil, cool, and skim it thoroughly. Add one chopped onion, half a cup of rice, and boil two hours. Before serving remove the onion and put in some pieces of cold chicken.

Celery may be put into all kinds of soup when desired.

Clam Chowder

½ peck clams in the shell,
1 quart potatoes sliced thin,
2-inch cube fat salt pork,
½ teaspoonful white pepper,
1 large tablespoonful butter,
1 or 2 onions,
1 teaspoonful salt,
1 quart milk,
6 butter crackers.

Clean the clams with a small brush, being careful to remove all the grit, and boil in half a cup of water until they open at the top.

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Take them out with a skimmer; remove the clams from the shell; remove the thin skin, and with scissors cut off the black heads. Drain the clam liquor carefully. Cut the pork in quarter-inch dice and fry it in a pan. Cut the onions in thin slices and fry them in the pork fat, being careful that they do not burn. Strain the fat into a kettle, leaving the pork scraps and onions in the strainer. Add the potatoes, which have been soaked and scalded, and boiling water to cover them. When the potatoes are soft, add the clam liquor diluted one half with water, the seasoning, and the clams. When warmed through, add the hot milk and turn into the tureen. Do not put the clams into the chowder until the potatoes are nearly done, as prolonged boiling hardens them.

Fish chowder may be made the same way, substituting fish for the clams.

Bisque of Clams

Chop one quart of clams fine, and put them into a kettle with one quart of chicken stock. Let it simmer one hour. Put into a frying pan one onion cut fine, and three tablespoonfuls of butter, and cook slowly for fifteen minutes, being careful not to let it burn. Press out the butter, and put the onion into the kettle with the clams. Add two tablespoonfuls of flour to the butter, stirring constantly until it is smooth and frothy; then add it to the soup, with a bay leaf, a sprig of parsley, sprig of thyme, a blade of mace, a teaspoonful of salt, and one-fourth teaspoonful of white pepper. Let it simmer ten minutes, remove the herbs and spice, and put the soup through a purée sieve. Return it to the kettle, heat to a boiling point, add a pint of cream, and heat again to a boiling point. Beat the yolks of four eggs thoroughly, add a pint of cold cream, and stir it into the soup. Cook it for two minutes, but it must not boil after the eggs are added.

Oyster Stew

Put one quart of oysters into a porcelain saucepan with one and one-half pints of cold water over a quick fire. When they begin to swell, turn them into a colander, and put the oysters into a tureen. Pour the liquor back into the pan, and after skimming it add half a pint of rich milk or thin cream. Let it boil five minutes. Lay on the oysters in the tureen butter half the size of an egg. Salt the liquor to taste, pour it over the oysters, and serve immediately.

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Fish Chowder

Skin three pounds of fresh cod, cut it in pieces about two inches square and an inch thick, and remove all the bones possible. Place in a saucepan that will hold three and one-half quarts one slice of salt pork a quarter of an inch thick and four inches square, cut in four parts. Fry this crisp, but do not scorch it. Remove it from the fire; place a layer of fish upon the pork to cover the bottom of the pan, then a layer of potatoes sliced thin, then onions sliced thin, a sprinkling of pepper and salt, and a layer of split crackers first dipped into cold milk. Repeat this until the fish is used up, then fill the kettle with hot water, cover it, and let it boil gently an hour without stirring. Dip half crackers into cold milk, and cover the top with them five minutes before serving. Slip the chowder into a tureen with one pint of warm milk and butter half the size of an egg. Use in all one heaping tablespoonful of salt.

Pea Soup No. 1

Pick over carefully eight quarts of peas, wash, and soak them over night. In the morning put them on to boil in eight quarts of fresh cold water. Add one pound of lean salt pork, a small piece of celery, a little pepper, and half an onion. Let it boil gently eight hours, stirring it with a wooden spoon that it may not burn. When done it should be thin enough to pour. If it thickens too much, add boiling water. When cooked it is smooth and mealy. If not sufficiently cooked, after standing a few minutes the thick part will settle and the top look watery. Strain the soup through a sieve, and serve with dice of toasted bread.

Pea Soup No. 2

1 cup dried split peas,
3 pints cold water,
1 tablespoonful butter,
1 tablespoonful flour,
½ teaspoonful sugar,
1 teaspoonful salt,
1 saltspoonful white pepper.

Pick over carefully and wash the peas, soaking them over night in cold water. In the morning put them on to boil in fresh cold water and let them simmer until dissolved, adding water as it boils away to keep three pints of liquid in the kettle. When soft, rub through a strainer and put it on to boil again. Add water, stock, or milk to make it the consistency desired. It should

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be more like a purée than a soup. Cook the butter and flour together, and add it to the strained soup when boiling. Add the salt and pepper, and when it has simmered ten minutes serve at once with croûtons.

Black Bean Soup

1 pint black beans,
2 quarts cold water,
1 small onion,
2 teaspoonfuls salt,
1 saltspoonful pepper,
¼ teaspoonful cayenne,
1 saltspoonful mustard,
1 tablespoonful flour,
2 tablespoonfuls butter,
1 lemon,
2 hard-boiled eggs.

Soak the beans over night, and in the morning pour off the water and put them on to boil in two quarts of cold water. Slice the onion and fry it in one tablespoonful of the butter. Put it with the beans, and add a bit of celery root if you have it. Let it simmer four or five hours, or until the beans are soft. Add more cold water as it boils away, about half a cupful every half hour, to check the boiling and soften the beans, leaving about two quarts when done. Rub the beans through a strainer, put the soup on to boil again, and add the salt, pepper, and mustard. When boiling, thicken it with the flour and butter which have been cooked together. Season to taste. Cut the lemon and egg in thin slices, put them into the tureen, and pour the hot soup over them. Serve with croûtons.

Corn Chowder

1 quart raw sweet corn,
1 pint sliced potatoes,
2-inch cube fat salt pork,
1 saltspoonful white pepper,
1 large tablespoonful butter,
1 onion,
1 teaspoonful salt,
1 pint milk,
1 pint sliced tomatoes,
1 tablespoonful flour.

Scrape the raw corn from the cob. Boil the cobs twenty minutes in water enough to cover them, then skim them out. Pare, soak, and scald the potatoes. Fry the onion in the salt pork fat, and strain the fat into the kettle with the corn water. Add the potatoes, corn, salt, and pepper. Let it simmer fifteen minutes, or till the potatoes and corn are tender. Add the butter and milk, and serve very hot with crisped crackers.

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Baked Bean Soup

To cold baked beans add twice the quantity of cold water, and let them simmer till soft. Add one-half as much tomato, and strain through a purée strainer. Season with pepper, salt, and mustard. If too thick, add more water. Heat again before serving.

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Fish

"*From the rude sea's enraged and foamy mouth.*"
SHAKESPEARE.

Fish in one form or another is almost universally recognized as one of the more important food materials, and enters to a greater or less extent into the diet of very many, if not most, American families.

Fish, like meat, is essentially a nitrogenous food, neither being a source of carbohydrates, but usually it contains less fat than is found in meat. There is, however, much difference in the fat content of the various kinds of fish, some like salmon, shad and herring containing over five per cent fat; while whitefish, mackerel, mullet, halibut, etc., contain between two and five per cent, and smelt, black bass, bluefish, white perch, weakfish, brook trout, hake, flounder, yellow perch, pike, pickerel, sea bass, cod, and haddock contain less than two per cent.

There is a common notion that fish is particularly valuable as brain food, based on the supposition that it contains large proportions of phosphorus. Authorities, however, declare that there is no foundation whatever for this view, since fish contains no more phosphorus than meat, nor is phosphorus more essential to the brain than other elements.

Canned fish, which is in effect cooked fish, compares favorably as regards composition with the fresh material.

Broiled Fish

First clean the fish, washing it with a cloth wet in salt water, and drying it on a clean fish towel kept for no other purpose. Sprinkle it with salt and pepper, and cook on a double wire broiler which has been well greased with salt pork rind. Cook it on both sides, and brown all parts equally. When done, spread with butter, salt and pepper, and serve it with Tartare or tomato sauce. Garnish it with parsley and slices of lemon.

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Boiled Salmon

Before boiling put it in salt water about a quarter of an inch deep, sufficient to cover the black skin. Let it remain half an hour, then scrape the skin thoroughly. This improves the flavor and the color of the fish. Dip a thin cloth into boiling water, dredge it with flour, and wrap it around the fish. Place it over the fire in cold water, adding a dessertspoonful of salt five minutes before taking it up. Place it on a platter whole, removing the dark skin carefully. Garnish it with slices of cold boiled eggs and sprigs of parsley, and serve with drawn butter.

Halibut, haddock, and cod should be boiled the same way.

In boiling sections of delicate fish, as salmon, cod, or halibut, the plunging into boiling water is objectionable, because the motion of the boiling water tends to break the fish into small pieces. Fish should be put first into water that is on the point of boiling. The water should be kept at this temperature for a few minutes, and then allowed to fall to 180°, as in the case of meats.

Drawn Butter No. 1

To one coffee cup of milk and one of water add one tablespoonful of flour or corn starch, and boil five minutes. Unless perfectly smooth strain it, add butter the size of an egg and chopped hard-boiled eggs, unless it is to be garnished with slices of egg.

Drawn Butter No. 2

1 pint hot water,
½ cup butter (scant),
2 tablespoonfuls flour,
½ teaspoonful salt,
½ saltspoonful pepper.

Put half the butter in a saucepan, being careful not to let it become brown; when melted, add the dry flour, and mix well. Add the hot water gradually, and stir rapidly as it thickens. When perfectly smooth add the remainder of the butter in small pieces, and stir until it is absorbed. Add the salt and pepper. This should be free from lumps, but if not, strain it before serving.

Baked Fish

Cod, haddock, cusk, bluefish, small salmon, bass, and shad may be stuffed, and baked whole.

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Remove the backbone with a sharp knife, cutting close each side, and taking care not to break through the skin. Fill with dressing, and sew up the fish, cutting two gashes about a quarter of an inch deep on each side, and placing in each a narrow strip of salt pork. Bake three-quarters of an hour, slip carefully upon a hot platter, and garnish with thin slices of lemon and sprigs of parsley.

Stuffing for Baked Fish

1 cup cracker crumbs,
1 saltspoonful salt,
1 saltspoonful pepper,
1 teaspoonful chopped onion,
1 teaspoonful chopped parsley,
1 teaspoonful capers,
1 teaspoonful pickles,
½ cup melted butter.

Fried Fresh Fish

Drain the fish after washing (if large, cut in squares; if small, keep whole), sprinkle with salt, and dust with indian meal. Fry out salt pork, place the fish in the hot fat, and cook slowly half an hour to a delicate brown. Put bits of butter on a hot platter, lay on the fish, and serve immediately.

Fried Salt Cod

Cut the thick part of the fish in four-inch squares, soak them over night in plenty of water, wipe dry, and fry to a delicate brown in hot fresh lard. Remove them as soon as browned, clean the spider, pour in one cup of cream, thicken it with one teaspoonful of corn starch, salt to taste, and pour it upon the platter. Lay on the fish, and serve.

Fish Balls

Soak one pound of salt cod over night in cold water. In the morning press out the water with the hands. Have fresh boiled potatoes drained dry, about as much in quantity when mashed as the fish. Mash the potato and fish together, add salt if needed, one half cup of butter and one half cup of milk. Work till perfectly light with one well-beaten egg in a shallow, hot kettle. Fry out a slice of salt pork, make up the cakes with the hands,

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dust them with flour, and fry in the hot pork fat. Have bits of butter on the warm platter before the balls are taken up. Fry to a delicate brown, watching carefully that they do not scorch, and garnish with the crisp pork.

Remnants of Cooked Fish

The remnants of boiled fresh fish may be warmed up in a little butter, pepper, salt, and water, as one would stew lobster. Cold fried and broiled fish can be reheated by placing it in a tin pan and heating it in an oven ten minutes. Cold fish balls can be steamed ten minutes, then put into the oven to get crisp.

Scalloped Fish.—Put fish and cracker crumbs into a shallow dish in alternate layers. Season, wet with milk, and bake till the crumbs are brown.

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Oysters

"*Now if you're ready, Oysters, dear, we can begin to feed!*"
CARROLL.

Oysters are the most important shellfish, and as regards both the amounts and relative proportions of nutrients, come nearer to milk than almost any other common food material. The flavor of oysters is affected more or less by the locality in which they have grown. Those found in the waters of the Northern Atlantic coast are considered the best. Oysters are not healthful from May to September. They should not be kept long after being taken from the shell, and if to be eaten raw, they should not be opened until just before using.

Raw Oysters

Remove the oysters from the shell, and season slightly with salt and pepper. Let them stand on ice for half an hour, and serve on the deep half-shell, with slices of lemon.

For Oyster Stew, see page 13.

Parboiled Oysters

Put the oysters over the fire in a saucepan without water, shaking them to keep them from burning until the liquor comes from the oysters. When the edges ruffle, and the oysters look plump, they are cooked. Season with salt, pepper and butter, and serve on half crackers.

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Creamed Oysters

Wash and parboil the oysters. Skim them carefully, drain, and add them to the sauce. Serve on toast or in patty shells.

Sauce.—Heat in a double boiler one pint of milk. Melt one heaping tablespoonful of butter and stir into it two heaping tablespoonfuls of flour, then add the milk very gradually, also half a teaspoonful of salt and half a saltspoonful of pepper. Stir until perfectly smooth.

Scalloped Oysters

Line the bottom of a pudding dish with cracker or stale bread crumbs, then lay in a layer of oysters seasoned with salt, pepper, and butter. Add another layer of crumbs, then oysters and seasoning, and so on until the dish is full, leaving a layer of crumbs on the top. Pour over it half a pint of cream, and bake half an hour.

Fried Oysters

Sprinkle the oysters with pepper and salt, after they are washed and drained. Roll them first in cracker crumbs, then in beaten egg, then again in cracker crumbs. Fry them one minute in smoking hot lard, and drain on paper.

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Eggs

"*Infinite riches in a little room.*"
MARLOWE.

Perhaps no article of diet of animal origin is more commonly eaten in all countries or served in a greater variety of ways than eggs. Hens' eggs are most common, although the eggs of ducks, geese and guinea fowl are used to a greater or less extent.

Eggs contain some fat and are especially rich in protein (the nitrogenous ingredient of food). This material is required by man to build and repair the tissues of the body. Combining eggs with flour and sugar (carbohydrates) and butter, cream, etc. (fat), is perhaps an unconscious effort to prepare a food which shall more nearly meet the requirements of the body than any ingredient alone. When eggs, meat, fish, cheese, or other similar foods rich in protein are eaten, such other foods as bread, butter, potatoes, etc., are usually served at the same time, the object being, even if the fact is not realized, to combine the different classes of nutrients into a suitable diet. The wisdom of such combination was proved long ago by practical experience. The reason has been more slowly learned.

Eggs are also valuable for giving variety to the diet and for furnishing a light, easily digested, nitrogenous food, especially for breakfast or other light meal; an important item for those of sedentary habits. Though the food value of eggs is high, income and the need for economy must determine how far and in what way they are to be used when they are high in price, though it is obviously better economy to restrict the use of eggs in the making of rich dessert dishes, cake, and pastry than to restrict or omit serving them as a meat substitute.

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The methods of serving eggs are very numerous. Cooked in various ways they are a favorite animal food, while raw eggs, usually seasoned in some way, are by no means infrequently eaten; but in nearly every case it will be found that the method of preparation is only a more or less elaborate modification of one of the simple methods of cooking. It is not desirable to cook eggs in boiling water in order to secure the most satisfactory product, since at 212° F. (the temperature of boiling water) the coagulated albumen becomes much harder and eventually more or less tough and horn-like, and it also undergoes shrinkage; while if the egg is cooked at a temperature below the boiling point the white should be tender and jelly-like, and the yolk creamy.

Hard-Boiled Eggs

Cook twenty minutes in water just below the boiling point. This will make the yolk dry and mealy.

Dropped Eggs

Break the eggs into a saucer previously dipped into cold water. Slip them from this into a saucepan of salted, boiling water, dipping the water over them with a spoon. When the white is firm, take them out with a skimmer, and place each egg on a slice of delicately browned, buttered toast.

Scrambled Eggs No. 1

Beat four eggs separately, and stir into them one-half a cup of cream and half a teaspoonful of salt. Put this into a double boiler and stir until it thickens, then serve. Milk may be used instead of cream by adding one tablespoonful of melted butter.

Scrambled Eggs No. 2

Beat six eggs, and add half a cup of milk, a very little salt, and pepper to taste. Have the frying pan hot, having first put in a heaping teaspoonful of butter. Turn in the eggs, and as they cook, free them from the pan with a knife, so that when they are done they will stand in a pile in the pan. Serve immediately.

Flake Omelette

Break the whites of three eggs into a shallow dish and set it on ice for a few minutes. Beat the yolks well and add to them half

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a pint of milk or cream, one teaspoonful of corn starch, a little salt, and butter. Put this into a frying pan, and as it commences to cook firm, pour on it the whites of the eggs beaten perfectly stiff. Serve on a hot, buttered platter.

Rice Toast with Poached Egg

Boil the rice the night before it is to be used; put it into a bread loaf tin and keep it on ice. The next morning cut it in slices, brush with a little melted butter, place it over the broiler and broil, or, rather, toast before the fire. When done butter the slices, place on each a poached egg, and serve.

Egg Vermicelli

Boil three eggs twenty minutes; separate the yolks and chop the whites fine. Toast six slices of bread; make a white sauce with one cup of cream or milk, one teaspoonful of butter, one heaping teaspoonful of corn starch, a little salt, and pepper. Stir the whites into the sauce, and when hot, pour it over the toast. Rub the yolks through a potato ricer over the whole, and garnish with parsley.

Baked Eggs

Put butter, salt, and pepper in the bottom of a tin and then break in the eggs, being careful not to break the yolks. Bake until the whites seem done.

Stuffed Eggs

Boil the eggs very hard, say twenty minutes; remove the shells and cut the eggs in two lengthwise; remove the yolks and mix with them a little butter, salt, pepper, and a taste of vinegar. Stuff the cavities, smooth them, and put the halves together again. For picnics they are excellent. Wrap in tissue paper to keep them together.

Egg Omelette

Beat the yolks of six eggs; stir into them a heaping tablespoonful of flour; add twenty-four teaspoonfuls of milk and stir together; beat the whites to a stiff froth and stir in slowly; add a little salt. Put a piece of butter half the size of an egg into a pan and pour in one-third of the mixture. Fry a light brown and double one half over the other.

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Meat

"*The nature of the spirit asketh meat.*"
CARTWRIGHT.

It is natural to divide the food of man into two classes—animal food and vegetable food. By animal food is meant the flesh of animals used for food, and it includes meat, poultry, game, and fish. Meat again includes beef, veal, mutton, lamb, and pork. The value of meats as food depends on the presence of two classes of nutrients, protein and fat. The protein is essential for the construction and maintenance of the body, and both protein and fat yield muscular power and maintain the temperature.

Again, the protein or nitrogenous substance contains albuminoids, gelatinoids and the nitrogenous extractives. Of these the most valuable are the albuminoids. This is due to the fact that they are very similar in composition to the nitrogenous compounds of the body, and are therefore easily digested and assimilated. The question of the digestibility of foods is a very complex one, but concerning meats the simple but important statement is made that nearly all the protein and about ninety-five per cent of the fats are digested by the average person.

Nearly all parts of an animal may be used as food, but the flesh of all young animals is more tender but not so nutritious as that of maturer animals.

Boiling

If meat is placed in cold water, part of the organic salts, the soluble albumen, and the extractives or flavoring matters will be dissolved out. At the same time small portions of lactic acid are formed, which act upon the meat and change some of the insoluble

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matters into materials which may also be dissolved out. The extent of this action and the quantity of materials which actually go into the solution depend upon three things: the amount of surface exposed to the water, the temperature of the water, and the length of the time of the exposure. The smaller the pieces, the longer the time, or the hotter the water, the richer will be the broth and the poorer the meat. If the water is heated gradually, more and more of the soluble materials are dissolved. The longer the action of the hot water continues, the tougher and more tasteless the meat becomes, but the better the broth.

This tasteless material has, however, nutritive value. It contains nearly all the protein of the meat, and is easily digested; while, if properly combined with vegetables, salt, and flavoring materials, it makes an agreeable as well as nutritive food.

If a piece of meat is plunged into boiling water, or very hot fat, the albumen on the entire surface of the meat is quickly coagulated, and the enveloping crust thus formed resists the dissolving action of water and prevents the escape of the juices and flavoring matters. Thus cooked, the meat retains most of its flavoring matters and has the desired meaty taste, but the resulting broth is correspondingly poor.

It is impossible to make a rich broth and have a juicy, highly flavored piece of boiled meat at the same time. If the meat alone is to be used, the cooking in water should be as follows: Plunge the cut at once into a generous supply of boiling water, and keep the water at the boiling point for ten minutes in order to coagulate the albumen and seal the pores of the meat. This forms a coating which prevents the solvent action of the water, and the escape of the soluble albumen and juices from the inner portions of the meat. Then gradually reduce the temperature of the boiling water to 180° F., at which the meat can be thoroughly cooked without becoming hard. A longer time is required for cooking meat in this way, but it will be juicy and tender instead of tough and dry, as will be the case when the water is kept boiling, or nearly boiling, during the entire time of cooking.

Stewing

If both the broth and the meat are to be used, the process of cooking should be quite different from boiling. Stewing is, in this country, a much-undervalued method of cooking.

In stewing, the meat should be cut in small pieces, so as to present as large a surface as possible, and should be put into cold

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water in order that much of the juices and flavoring materials may be dissolved. The temperature should then be slowly raised until it reaches about 180° F., where it should be kept for some hours. Treated in this way, the broth will be rich and the meat still tender and juicy. If the water is much hotter than 180° F., the meat will be dry and fibrous. It is true that after a time the meat will apparently be so tender that if touched with a fork it will fall to pieces. It will be discovered, however, that no matter how easily the fibers come apart, they offer considerable resistance to mastication. The albumen and fibrin have become thoroughly coagulated, and the prolonged boiling has made the fibers dry and firm, though they have separated from one another.

Roasting and Broiling

The principal difference between roasting and boiling is in the medium in which the meat is cooked. In boiling, the flesh to be cooked is surrounded by boiling water; in roasting by hot air, although in roasting proper much of the heat comes to the joint as "radiant" heat. In both cases, if properly conducted, the fibers of the meat are cooked in their own juices. When the meat alone is to be eaten, roasting, broiling, or frying in deep fat is, when properly done, a more rational method than boiling, for the juices are very largely saved. The shrinkage in a roast of meat during cooking is chiefly due to a loss of water. The smaller the cut to be roasted, the hotter should be the fire. An intensely hot fire coagulates the exterior and prevents the drying up of the meat juices. This method would not, however, be applicable to large cuts, because meats are poor conductors of heat, and a large piece of meat exposed to this intense heat would become burned and changed to charcoal on the exterior long before the heat could penetrate to the interior.

Meat Extracts

The true meat extract, if pure, contains little else besides the flavoring matters of the meat from which it is prepared, together with such mineral salts as may be dissolved out. It should contain no gelatin or fat, and can not, from the way in which it is made, contain any albumen. It is therefore not a food at all, but a stimulant, and should be classed with tea, coffee, and other allied substances. It should never be administered to the sick

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except as directed by competent medical advice. Its strong meaty taste is deceptive, and the person depending upon it alone for food would certainly die of starvation. Such meat extracts are often found useful in the kitchen for flavoring soups, sauces, etc.

Broth and beef tea as prepared ordinarily in the household contain more or less protein, gelatin, and fat, and therefore are foods as well as stimulants. The proportion of water in such compounds is always very large.

Roast Beef

Roast ten pounds one and one-half hours in a hot oven, or six pounds one hour. Dredge with flour; put it on a rack in the pan, skin side down, and pour into the pan hot water about one-half inch in depth. When the flour is brown and the meat seared, baste it with the drippings, and repeat the basting frequently.

When seared all over, turn and bring the skin side up for the final basting and browning. When done, sprinkle over it one tablespoonful of salt, moisten with the drippings enough to dissolve the salt, place on a hot platter, and serve immediately.

Beef should never be salted before roasting, broiling or frying, as it extracts the juices and hardens it; and salt should never be added in boiling except in stews where the water is to be used with the beef.

Yorkshire Pudding

Beat three eggs very light. Add one scant teaspoonful of salt and one pint of milk. Pour half a cup of this mixture on two-thirds of a cup of flour, and stir to a smooth paste. Add the remainder of the mixture and beat well. Bake this in the pan under the beef, or in hot gem pans. Baste it with the drippings from the beef, and serve as a garnish for roast beef.

Roasted and Boiled Mutton

Roast and boil the same as beef.

Boiled Fresh Beef

Boil from six to ten pounds from four to five hours. Tie it closely with a strong cord to keep it in shape. Put the meat into

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boiling water and let it boil slowly until done. Rub over it one tablespoonful of salt when it is first removed from the water. Cover it closely five minutes before serving to allow the salt to penetrate.

Corned Beef

Tie the beef firmly to keep it in shape, and put it on to boil in sufficient cold water to cover it. Let it boil gently until tender, and when done allow the beef to stand in the water until partially cooled. Pack it in a bread pan, place a thin board on top and press it down with a heavy weight. When cold, cut in thin slices.

Boiled Ham

Remove the hard black part and clean well. Put it on in boiling water and cook until tender. Peel off the skin and sprinkle over it sugar, and grated bread or cracker crumbs, and brown in the oven. When cold, carve in very thin slices.

Hams are sometimes improved by adding a cupful of vinegar to the water in which they are boiled.

Boiled Salt Tongue

Soak the tongue in water over night. In the morning put it on to boil in six quarts of cold water, and let it boil slowly six hours if the tongue is large, five if small. Remove from the boiling water and throw it into cold water. Peel off the skin and let it cool. Serve with the same vegetables as with cold corned beef. The roots make a good hash.

Roast Lamb or Veal

Roast from six to ten pounds from one and one-half to two hours. Make a dressing as for fowl, tying it in closely and laying in thin slices of salt pork. Dredge with flour, and cook in a hot oven, basting it often after the flour is brown. About fifteen minutes before removing it from the oven, baste with one tablespoonful of salt.

Gravy for Roast Meats

Remove the drippings from the pan, skim off all the fat possible, and thicken with browned flour. Salt, and let it boil five minutes. Add butter to taste, and serve hot.

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Mint Sauce

1 cup chopped mint,
½ cup vinegar,
½ cup hot water,
1 tablespoonful sugar.

Let the ingredients come to a boil, and serve hot.

Boiled Dinner

Wash and soak the corned beef in cold water, and put it on to boil in fresh cold water. Skim frequently, and let it boil until tender. Add to the boiling meat, beets, parsnips, a cabbage cut in quarters, carrots, a turnip sliced, and potatoes, beginning with those which require the longest time to cook. When done, put the meat in the center of a large platter and arrange the vegetables around it.

Beef à la Creole

6 pounds round of beef,
6 ripe tomatoes,
2 or 3 onions,
6 cloves,
1 stick cinnamon,
1 whole small black pepper,
½ cup vinegar,
1 cup water.

Lard the meat if the round is used, or use the shank of beef without larding. Slice the onions and tomatoes, and put them into a pot with the other ingredients, pouring over them the vinegar and water. Cover it tightly, and bake in a moderate oven five or six hours. When half done, salt it to taste. When fully cooked, strain the gravy, and thicken it with flour.

Broiled Beef and Mutton

Place the meat in a folding wire broiler over a bright, quick fire, and turn it frequently until done. Serve immediately on a hot platter, after sprinkling it with salt and bits of butter.

Beef Steak Smothered in Onions

Use a thick slice of sirloin or tender round steak. Fry in a spider a small slice of salt pork, and when crisp remove it, and keep it hot. Slice six large onions into the hot fat, cover them, and fry gently until tender, or about one hour. Remove the onions, and lay the beef in the hot spider, cover it with the

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onions, and sprinkle over them a little salt if they are not already salt enough from the pork. Cover, and cook it as quickly as possible without scorching. Place it on a hot platter on which there are small pieces of butter and a sprinkling of salt. Serve it immediately.

Hamburg Steak

Pound a slice of round steak enough to break the fiber. Fry two or three onions, minced fine, in butter until slightly browned. Spread the onions over the meat, fold the ends of the meat together, and pound again to keep the onions in the middle. Broil it two or three minutes. Spread it with butter, salt, and pepper.

Warmed-over Meat

Butter a dish, and lay in alternate layers of mashed seasoned potatoes and any kind of meat one wishes to utilize which has been chopped fine and seasoned with salt, pepper, and butter. The top layer should be potato. If meat which has been boiled for soup is used, pour over it one cup of meat stock. Spread over the top one egg well beaten, and bake one half hour. Serve hot.

Breakfast Bacon

Remove the rind and smoked part; slice very thin; cook in a frying pan until the fat is tried out and the bacon is dry and crisp, or fry in deep fat. Drain on paper, and serve alone or as a garnish for beefsteak.

Veal Loaf

Parboil two pounds of lean veal. Chop it fine with one-fourth of a pound of salt pork or bacon; add four butter crackers, pounded, two eggs, well beaten, two teaspoonfuls of salt, one saltspoonful of pepper, and half a saltspoonful of nutmeg or mace. Moisten it with the meat liquor, mould into an oval loaf, and put it into a shallow tin pan. Add a little of the water in which the meat was boiled. Bake until quite brown, basting often. Cut in slices, and serve it hot or cold. Raw veal may be used in the same way, baking it two hours or more.

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Poultry

"*Let's carve him as a dish fit for the gods, not hew him as a carcass.*"
SHAKESPEARE.

Roast Turkey

Singe, remove the pin feathers, oil bag, and everything that can be taken out. If the fowl has been cleaned carefully it will not require much washing. Hold it under the faucet, or rinse out the inside quickly, then wipe dry. Put the stuffing in at the neck, fill out the breast until full, draw the skin together and sew it. Put the remainder of the stuffing into the body at the other opening, and sew it with a coarse thread. Tie the wings and legs down close to the body, and the neck back under the wing. Rub the turkey well with butter, dredge with salt, pepper, and flour, and place in a dripping pan with about three-quarters of an inch of water in it. Put it into a hot oven, and when the flour is browned reduce the heat. Bake it slowly, and baste frequently with the drippings, adding more hot water to the pan as needed. Dredge it with flour and salt after every basting. Allow three hours for an eight pound turkey to roast. Cook it till the legs will separate from the body. Garnish it with parsley or celery leaves. Serve cranberry sauce or currant jelly with roast turkey.

Stuffing.—Cover cracker or soft bread crumbs with water until perfectly soft, then press them dry; add to them melted butter, allowing one-third of a cup to each cupful of crumbs, and season highly with salt, pepper, thyme, and sage. Mix all together lightly with the hands, else it will be close and solid when baked.

Giblets.—Slip off the thin membrane round the heart, cut out the veins and arteries; remove the liver, and cut off all that looks green near the gall bladder. Trim the fat and membranes from the gizzard, cut through the thick part, open it and remove the inner lining without breaking. Cut off all the white gristle, and use only the thick fleshy part. Wash and put them into cold water, and let them simmer until tender.

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Gravy for Poultry

Take the water in which the giblets were boiled and boil it down to one cupful. Thicken it with one tablespoonful of lightly browned flour into which butter the size of a walnut has been rubbed smooth. Let it boil slowly five minutes and keep it hot. When the turkey is taken up, skim off nearly all the oil from the drippings, and add sufficient drippings to the gravy to make one pint. Season with salt and pepper, and if not smooth, strain it. Add the chopped giblets before serving.

Roast Goose

Singe, remove the pin feathers, and wash thoroughly in warm soapsuds to remove the oil. Rinse in clear water, and stuff with a dressing made of potatoes and onions mashed together till very light and free from lumps, and seasoned with salt, pepper, and a piece of butter the size of an egg. Roast it slowly two hours, basting frequently. Half an hour before it is done remove it from the oven, rub with butter and salt, and dredge it lightly with flour. Return it to the oven, and brown without basting. Make the gravy as for turkey. Serve with hot roasted sour apples, or with acid jellies.

Roast Duck

Pick, singe, and remove the crop, entrails, oil bag, legs, and pinions. Wipe, truss, and dredge with salt, pepper, butter, and flour. Bake in a hot oven twenty minutes, or thirty minutes if liked well done.

Ducks and geese have a strong flavor and are improved by stuffing the body with apples cored and quartered. The apples, however, should not be eaten, as they absorb the strong flavor.

Roast Chicken

Prepare the chicken the same as a turkey for roasting. Roast one hour and a half, or, until tender. Serve, like turkey, with jelly and cranberry sauce. The stuffing and gravy are made the same as for roast turkey.

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Fricassee Chicken

Singe, and cut the chicken at the joints, in pieces for serving. Cover it with cold water and boil with two tiny slices of salt pork. Boil one hour if young, two or three if a fowl (which is the better for fricassee). When half cooked add one tablespoonful of salt, and boil until a fork will slip through the meat easily. Reduce the water by boiling to one quart, and after removing the chicken add one half a cup of flour, and salt if needed. Let it boil five minutes, and butter to taste. Strain it over the chicken placed upon hot, split baking powder biscuits, and serve. If dumplings are prepared lay them on the top of the chicken.

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Salads and Salad Dressing

"Yet shall you have, to rectify your palate,
An olive, capers, or some better salad."

BEN JONSON.

French Salad Dressing

½ teaspoonful salt,
¼ teaspoonful pepper,
1 tablespoonful vinegar,
3 tablespoonfuls olive oil.

Mix the ingredients, adding the oil slowly, and stir until well blended.

German Salad Dressing

¼ cup thick cream,
3 tablespoonfuls vinegar,
¼ teaspoonful salt,
Few grains pepper.

Beat the cream with a Dover egg beater until stiff; add the salt, pepper, and vinegar slowly while continuing the beating.

Mayonnaise Dressing

1 teaspoonful mustard,
1 teaspoonful salt,
1 teaspoonful powdered sugar,
Few grains cayenne,
Yolks 2 eggs,
2 tablespoonfuls lemon juice,
2 tablespoonfuls vinegar,
1½ cup olive oil.

Mix the dry ingredients, add the egg yolks, and when well mixed add half a teaspoonful of vinegar. Add the oil gradually, at first drop by drop, stirring constantly. As the mixture thickens, thin

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it with vinegar or lemon juice alternately until all is used, stirring or beating constantly. If the oil is added too rapidly the dressing will have a curdled appearance. A smooth consistency may be restored by taking the yolk of another egg and adding it to the curdled mixture. Place the bowl containing the mixture in a dish of cracked ice or cold water. Olive oil for making mayonnaise dressing should always be thoroughly chilled. Beat it with a silver fork or Dover egg beater. Mayonnaise should be stiff enough to hold its shape. It soon liquefies when added to the meat or vegetables. It should be added just before serving.

Salad Dressing No. 1

1 heaping tablespoonful melted butter,
2 tablespoonfuls sugar,
2 teaspoonfuls mustard,
1 teaspoonful salt,
2 heaping teaspoonfuls flour,
2 eggs,
1 cup milk,
½ cup vinegar.

Put the butter, yolks of the eggs and the milk into a kettle, then add the flour, sugar, mustard and salt thoroughly mixed and the vinegar. Cook until it becomes a cream. Whip the whites of the two eggs and beat into the cream.

Salad Dressing No. 2

3 eggs,
1 cup oil,
½ cup vinegar,
Dash of red pepper,
1 teaspoonful salt,
1 teaspoonful mustard,
1 teaspoonful sugar.

Beat the yolks of the eggs with salt, sugar, pepper and mustard, add the oil and vinegar, slowly beating the mixture with a fork while adding them. Beat the whites of the eggs to a stiff froth and add them last. Put the bowl into a kettle of boiling water, stirring the mixture constantly to make it smooth. Remove from the stove before it is too thick, and bottle it tightly. It can be kept any length of time in a cool place.

Salad Dressing No. 3

4 tablespoonfuls butter,
1 tablespoonful flour,
1 tablespoonful sugar,
1 teaspoonful salt,
Little pepper,
1 teaspoonful dry mustard,
½ cup vinegar,
1 cup milk,
3 eggs.

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Heat the butter, add the flour and stir until smooth. Add the milk and stir until it boils up. Put it into a pan of hot water and beat in the eggs, salt, mustard and pepper. Add the vinegar and sugar, and stir until it thickens. Bottle.

Sauce Tartare

½ teaspoonful mustard,
1 teaspoonful powdered sugar,
½ teaspoonful salt,
½ cup olive oil,
Yolks 2 eggs,
Few grains cayenne pepper,
1½ tablespoonfuls vinegar,
½ tablespoonful chopped capers, pickles, olives, and parsley,
½ shallot chopped,
½ teaspoonful powdered tarragon.

Mix the mustard, sugar, salt and cayenne, add the yolks of the eggs and stir until thoroughly mixed, setting the bowl in a pan of ice water. Add the oil, at first drop by drop, stirring with a wooden spoon. As the mixture thickens, dilute it with vinegar, when oil may be added more rapidly. Keep it in a cool place until ready to serve, then add the remaining ingredients.

Potato Salad No. 1

Cut three cold boiled potatoes in dice, put them into a salad bowl, sprinkle with a teaspoonful of minced onion, and pour over them a teacupful of salad dressing. Garnish them with parsley, and chill on ice.

Potato Salad No. 2

Boil four potatoes, let them cool, then peel and slice them. Put a layer of sliced potatoes on a platter, add a small onion cut fine, and a very little chopped celery, also a few capers. Cover with mayonnaise dressing.

Cabbage Salad No. 1

Chop fine half a cabbage. Heat one cupful of vinegar to a boiling point and add one teaspoonful each of mustard, salt and pepper, and one tablespoonful of sugar. When boiling remove it from the fire, add two well-beaten eggs, mix the whole thoroughly, and while hot pour it over the cabbage.

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Cabbage Salad No. 2

Chop fine a medium size cabbage, cover with water and two tablespoonfuls of salt, and let it stand two hours. Beat four eggs well, and add to them one pint of vinegar, half a cup of butter, a dessertspoonful of white pepper, and a heaping tablespoonful of mustard. Cook this mixture in a double boiler until it thickens. Remove it from the fire and add a tablespoonful of sugar. After draining all the water from the cabbage, pour the hot dressing over it, and serve cold.

Banana Salad

Take four bananas and from each remove one section of the skin. Remove the fruit, and scrape it. Cut one banana in thin slices, and the other three in one-half inch cubes. Marinate the cubes with French dressing. Refill the skins, garnish each with slices of banana and stack around them a mound of lettuce leaves.

Nut and Celery Salad

Mix equal parts of English walnuts or pecans chopped and celery cut in small pieces. Marinate with French dressing, and serve on lettuce leaves.

Egg Salad

Cut the whites of hard boiled eggs very fine and arrange on lettuce leaves. Rub the yolks through a strainer over the whites, and pour French dressing over the whole.

Salmon Salad

Flake remnants of cold boiled salmon mixed with French, mayonnaise, or cream dressing. Arrange on lettuce leaves and garnish it with the yolks of hard boiled eggs forced through a potato ricer and with the whites of the eggs cut in strips.

Spinach Salad

Pick over, wash and cook half a peck of spinach. Drain and chop it fine. Season with pepper, salt and lemon juice, and add one tablespoonful of melted butter. Butter slightly small tin moulds and pack them solidly with the mixture. Chill and remove

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from the moulds and arrange on slices of cold boiled tongue. Garnish with parsley and on the top of each serve sauce Tartare.

Fresh Dandelion Salad

Pick over and wash carefully fresh dandelion greens. Break them in separate pieces and arrange on lettuce leaves. Marinate with French dressing and on the top put slices of cold hard boiled eggs.

Fresh Vegetable Salad

Arrange lettuce leaves on a salad dish, then spread alternate layers of sliced cucumbers, sliced tomatoes and fresh green asparagus tips. Marinate with French dressing, and on the top put olives cut in halves. Any fresh vegetables may be used in making salads.

Celery, Apple, and Nut Salad

Clean the celery and one head of lettuce, and keep it fresh in a wet napkin on the ice. When ready to serve, cut the celery in thin, crescent-shaped pieces, cut the apples in eighths, removing the cores and skin, and slice them crosswise in thin pieces, then crumble the pecans or walnuts. Mix with mayonnaise dressing to hold together. Arrange the salad on a glass dish in a mound with lettuce around the edge, cover with mayonnaise and garnish with thin rings of crescents of red-skinned apple and celery tips.

Tomato Salad

Some most appetizing salads are made of tomatoes. Either mixed with cucumbers, cold canned salmon, or lettuce, or simply sliced with a mayonnaise, they are excellent.

Spanish Salad

One dozen firm, ripe tomatoes chopped fine; four firm, fleshed green or red peppers minced fine; one onion chopped fine; two tablespoonfuls of cider vinegar, and salt to taste. Serve on a bed of crisp cress, with one stuffed olive and one nut cheese to each serving.

Nut Cheese.—Take any of the soft American cheese, scrape off a piece and roll it into a ball the size of a good-sized marble, put

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the half of an English walnut meat on each side, pressing it fast to the cheese.

Macedoine Salad

Marinate separately cold cooked cauliflower, peas, carrots cut in small cubes, and outer stalks of celery cut fine. Arrange the peas and carrots in alternate piles in the center of a salad dish. Put cauliflower on the top. Arrange the celery in four piles at equal distances. On top of each pile place a small gherkin cut lengthwise in very thin slices, beginning at the blossom end and cutting nearly to the stem end. Open the slices to represent a fan. Place between the piles of celery a slice of tomato.

Cabbage and Celery Salad

Chop fine one-quarter head of cabbage and two bunches of celery. Add pepper and salt to half a cup of vinegar, two teaspoonfuls of sugar, one teaspoonful of cream, one teaspoonful of mustard, and one tablespoonful of butter. Heat the dressing in a double boiler and mix with the cabbage and celery, then add two hard boiled eggs chopped fine.

Chicken Salad

To the whole of a boiled chicken add half its weight in celery chopped fine, two hard boiled eggs, one raw egg, one tablespoonful each of salt, pepper, and mustard, three tablespoonfuls of salad oil, and two teaspoonfuls of white sugar. When ready to serve pour over it twelve teaspoonfuls of white vinegar.

Cheese Salad

Arrange one head of lettuce on a salad dish, sprinkle with one fourth pound of Edam cheese broken in very small pieces, and pour over it French dressing.

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Pastry

"Well versed in the arts of pies, custards, and tarts,
And the lucrative trade of the oven."

EPITAPH ON A YORKSHIRE COOK.

Pie pastry should be rolled a fourth of an inch thick.

In cutting pastry for pies, allow it a little larger than the size of the plate to allow for shrinkage.

In dividing paste for pies, allow more for the upper than for the lower crust.

Always perforate the upper crust.

Perforated tin plates are best for pies.

Slip pies to earthen plates as soon as baked.

Pie pastry should be thoroughly cooked and well browned.

The usual time required for baking pies is from thirty-five to forty-five minutes.

Never grease pie plates.

Pastry for One Pie

1 heaping cup pastry flour,
1 saltspoonful baking powder,
1 saltspoonful salt,
¼ cup lard,
¼ cup butter.

Put the salt and baking powder into the flour, and mix it stiff with cold water. Roll it out, put butter on the paste in small pieces, and then sprinkle it with flour. Fold and roll it out, and then roll it up like a jelly roll. Divide into two parts, and roll it out to fit the plate.

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Puff Pastry

1 pound butter,
1 pound pastry flour,
1 scant teaspoonful salt,
1 cup ice water.

or

1 quart flour,
1 pint butter,
1 scant teaspoonful salt,
1 cup ice water.

Wash the butter in cold water, divide it into four portions, and place it on ice till thoroughly cold. Mix the salt with the flour, and rub in one portion of butter. Add the ice water slowly. Mix and cut it with a knife until it can be taken up clean from the mixing bowl. Pat in a flat cake on a well floured bowl, and roll it out about half an inch thick. Place one portion of the butter rolled out thin on the middle of the paste. Fold the sides and ends over and double again. Pat and roll in this manner till all the butter is used. Then the paste should be rolled and folded until no streaks of butter can be seen. Then place it on ice to cool. Pastry is better mixed the day before baking.

Apple Pie

4 sour apples,
½ cup sugar,
½ teaspoonful nutmeg,
½ teaspoonful salt,
1 teaspoonful lemon juice.

Pare, core and cut the apples in eighths. Fill a pie plate covered with paste. Mix the other ingredients and spread it over the apples. Dot with small pieces of butter, and wet the edges of the lower crust before putting on the top crust. Bake about forty-five minutes.

If evaporated apples are used, soak them in water over night.

Pumpkin Pie

Cut the pumpkin in small half-inch pieces, pare and stew it all day. Do not boil, but let it simmer. Put it through a colander.

1 heaping cup stewed pumpkin,
½ cup sugar,
1 tablespoonful molasses,
½ teaspoonful salt,
½ teaspoonful cinnamon,
½ teaspoonful nutmeg,
1 egg,
⅞ cup milk.

Mix the ingredients thoroughly. Bake with one crust. Bake in a quick oven at first, and then reduce the heat.

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Squash Pie

1 heaping cup steamed and strained squash,
½ cup sugar,
½ teaspoonful salt,
½ teaspoonful cinnamon,
½ teaspoonful nutmeg,
1 egg,
⅞ cup milk.

Mix the ingredients thoroughly. Bake with one crust. Bake in a quick oven at first, and then reduce the heat.

Prune Pie

Stew half a pound of prunes till soft, add sugar to suit the taste, and mash with a fork until broken. To this pulp add gradually the whites of two eggs beaten stiff with a fork. Line a plate with crust and bake. When nearly done fill with the prune pulp and bake fifteen minutes.

Mock Cherry Pie

2 cups cranberries cut in halves and rinsed in cold water to remove seeds,
1 cup raisins cut in halves,
2 cups sugar,
1 tablespoonful flour,
1 cup boiling water,
2 teaspoonfuls vanilla.

Mix the flour and sugar, add the boiling water and the other ingredients.

This makes two large pies.

Custard Pie

2 eggs,
3 tablespoonfuls sugar,
½ teaspoonful salt,
1½ cups milk,
Little nutmeg.

To the eggs, slightly beaten, add the other ingredients, and put into a deep pie plate with one crust having a fluted rim of paste. Sprinkle with the nutmeg. Have a quick oven at first, but decrease the heat gradually.

Lemon Pie

1 even tablespoonful corn starch,
1 cup sugar,
1 saltspoonful salt,
1 egg,
1 lemon, juice and grated rind,
1 cup hot water.

Cook the ingredients in a double boiler until it thickens. When the crust is done turn the mixture into it. Beat the whites of

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three eggs to a stiff froth, and add three tablespoonfuls of powdered sugar. Spread it on the pie, and color in an oven to a delicate brown.

Use a deep pie plate with a fluted rim of paste.

Mince Meat

4 pounds lean beef,
2 pounds suet,
Baldwin apples (twice the amount of chopped meat),
3 pounds sugar,
2 cups molasses,
2 quarts cider,
4 pounds raisins seeded and chopped,
3 pounds currants thoroughly washed and cleaned,
½ pound citron,
1 quart brandy,
1 tablespoonful cinnamon,
1 tablespoonful mace,
1 tablespoonful powdered cloves,
2 nutmegs grated,
Salt.

The meat should be thoroughly cooked and chopped fine. Add the apples chopped fine after being pared, cored and cut in quarters. The skins of the apples are sometimes left on. Add the other ingredients, except the brandy and spices, which should be added after the mixture has cooked slowly two hours. Also add the stock in which the meat has been cooked, after reducing it to about two cups.

Cheese Straws

Rub together one cup of flour, a pinch of salt, a little pepper, and half a cup of butter. Add half a cup of grated cheese, sufficient cold water to mix it for rolling out, and cut in thin, narrow strips about two inches long.

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Custards, Jellies, and Creams

"*What neat repast shall feast us, light and choice.*"

MILTON.

Chocolate Pudding

1 quart milk,
½ cup grated chocolate,
3 tablespoonfuls corn starch,
2 eggs,
½ cup sugar.

Boil the milk, stir in the chocolate, corn starch, sugar, and the beaten yolks of the eggs. Bake it one-half hour. When the pudding is cold, beat the whites of the eggs until stiff, add one-half cup of sugar, spread it on the pudding and serve.

Apple Snow

Grate two apples, sweeten with a little sugar and beat them hard, then add the whites of two eggs beaten stiff, and beat again. Flavor with vanilla. The more it is beaten the lighter it will be.

Sauce.—Use the yolks of two eggs; after beating add corn starch to thicken, flavor with vanilla and sweeten to taste. Do not add the vanilla until it is removed from the stove.

Charlotte Russe

Cover one large tablespoonful of gelatine with water and place it on the back of the stove for one hour, add half a cup of milk, let it come to a boil and remove it from the stove. Strain it immediately, add the yolks of two eggs well beaten, and two tablespoonfuls of powdered sugar. Heat it again, stirring all the time; add the whites of three eggs beaten to a stiff froth, and one large teaspoonful of vanilla. Pour the mixture into one pint of cream whipped stiff, stirring constantly. Line a mould with sponge cake and fill it with the above. Serve cold.

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Coffee Jelly

Soak half a box of gelatine in one cup of cold water. When dissolved pour on one cup of boiling water, one cup of clear coffee (not too strong), and one cup of sugar. Strain through muslin into a mould. Serve with cream.

Chocolate Soufflé

2 large cupfuls milk,
½ cupful sugar,
1½ squares chocolate
Pinch of salt,
2 tablespoonfuls corn starch,
3 eggs.

Heat the milk in a double boiler, when hot add the corn starch dissolved in a little cold milk, and let it boil eight minutes. Then grate the chocolate and dissolve it with half the sugar in a tablespoonful of hot water. Add this and last the yolks of the eggs, well beaten. Beat the whites of the eggs with the remaining third of a cupful of sugar and spread on the top.

Lemon Creams

1½ cups water,
1 cup sugar,
Yolks 3 eggs,
1 lemon, grated rind and juice,
2 tablespoonfuls corn starch.

Cook the ingredients all together in a double boiler until it is the thickness of boiled custard. When the cream is cool, pour it into glass or china cups, filling the cups about two-thirds full; beat the whites of three eggs with one tablespoonful of sugar and put it over the creams.

Macaroon Cream

Soak one-quarter of a box of gelatine in one-fourth of a cup of cold water. Make a custard of one pint of milk, yolks of three eggs, three tablespoonfuls of sugar and a pinch of salt. Add the soaked gelatine and strain. Set it in a pan of ice water and stir until it begins to thicken, then add the whites of three eggs beaten stiff, nine macaroons broken in pieces, and one teaspoonful of vanilla. Turn it into a mould and chill.

Orange Baskets

Cut as many oranges as will be required, leaving half the peel whole for the baskets and a strip a half inch wide for the handle.

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Remove the pulp and juice, and use the juice in making orange jelly. Place the baskets in a pan of broken ice to keep upright. Fill with orange jelly.

Jelly.—

½ box gelatine,
½ cup cold water,
1 cup boiling water,
Juice 1 lemon,
1 cup sugar,
1 pint orange juice.

When ready to serve put a spoonful of whipped cream over the jelly in each basket. Serve in a bed of orange or laurel leaves.

Spanish Cream

Soak one-half of a box of gelatine in one-half a pint of milk; put one quart of milk on to boil; beat the whites of six eggs to a stiff froth; beat the six yolks with one cup of sugar, and when the milk is boiling stir in the yolks of the eggs with the gelatine. Let it get as thick as soft custard; then pour while boiling hot upon the whites of the eggs, stirring the mixture all the time. Flavor with vanilla.

Snow Pudding

Soak one package of gelatine one-half hour in two cups of cold water; then pour into it three cups of hot water, and stir until dissolved. Add two cups of sugar (or sweeten to taste), and set aside until it begins to thicken. Beat the whites of six eggs to a strong froth; then set the bowl in a dish of cracked ice, and beat the gelatine into the eggs to a strong froth, that does not separate on standing, then place it in a refrigerator to harden. Use a little essence of lemon, if preferred, in the snow.

Sauce.—Beat the yolks of the six eggs with a cup of sugar and two teaspoonfuls of corn starch. Scald one quart of milk, turn it into the eggs, strain and heat until it thickens, stirring all the time; add vanilla and a pinch of salt, and let it cool. Pour it over the hardened snow, or serve the snow in glass dishes, pouring the sauce around it.

Tapioca Cream

Soak two tablespoonfuls of tapioca over night in sufficient water to cover it. In the morning boil one quart of milk; add the tapioca, two-thirds of a cup of sugar, a little salt, and the beaten yolks of three eggs; stir them into the milk, and remove from

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the fire. On the top put the whites of the three eggs beaten to a stiff froth, and flavor to taste. Serve cold.

Velvet Cream

½ box gelatine, 1½ cups sugar,
1½ cups sherry wine, 1½ pints cream.
1 lemon, grated rind and juice,

Soak the gelatine in the wine, add the lemon and sugar, and heat all together until the gelatine is dissolved. Then strain, and set it away to cool. When nearly cold, but before it begins to stiffen, add the cream. Beat till nearly stiff enough to drop; then pour it into moulds, and set it on ice until stiff as blanc-mange.

To Freeze Ice-Cream

Place the ice in a canvas bag and crush it fine with the broad side of an axe. Allow three level measures of ice to one of salt, repeating this until the ice and salt come to the top of the can. It should be packed solidly—even forced down with the handle of the mallet. This proportion of ice and salt insures smoothness, and a fine grain. If more salt is used the mixture will freeze more quickly, but will be coarser. The can should be filled only about three-fourths full, as the cream swells during freezing. The crank should be turned slowly and steadily.

After the cream is frozen, draw off the salt water, remove the dasher, and pack solidly with a spoon. Put on the cover with a cork in the opening on the top, and re-pack the freezer, using four parts of ice to one of salt.

Cover the freezer with a canvas bag or piece of carpet until serving time comes.

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Ice-Cream and Sherbet

"Then farewell heat and welcome frost."

SHAKESPEARE.

Ice-Cream No. 1

1 quart milk,
1 pint thick cream,
1 cup sugar,
1 scant tablespoonful flavoring.

Beat the milk, cream, and sugar together thoroughly, and add flavoring.

Ice-Cream No. 2

1 quart milk,
6 or 8 egg yolks,
1 cup sugar,
1 pint or quart cream,
Sugar to taste,
Flavoring.

Make a boiled custard with the milk, sugar, and the yolks of the eggs. Cook it slightly until smooth, but not curdled. Strain, and when cool add the cream, sugar to make it somewhat sweet, and any flavoring desired.

Ice-Cream No. 3

1 pint milk,
1 cup sugar,
2 tablespoonfuls flour,
1 saltspoonful salt,
2 eggs,
1 pint to 1 quart cream,
½ to 1 cup sugar,
1 tablespoonful flavoring extract.

Boil the milk. Mix the sugar, flour, and salt, add the whole eggs, and beat all together. Add the boiling milk, and when well mixed turn into the double boiler, and cook twenty minutes, stirring constantly until smooth, after that occasionally. When cool, add the cream, flavoring, and sugar to make it somewhat sweet. This makes a smooth and delicious cream; and if the milk be boiling and the custard be cooked fully twenty minutes, there will be no taste of the flour.

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Chocolate Ice-Cream

Put a quart of milk on to scald, when hot add a square of chocolate that has been melted; mix a tablespoonful of flour with a little cold milk; add to chocolate and milk, then add two scant cups of sugar. Take from the fire, and when cold add a pint of cream and strain it into the freezer.

Flavorings for Ice-Cream

Coffee Ice-Cream.—Use half a cup of very strong black coffee for two quarts of cream.

Caramel Ice-Cream.—Put a small cup of sugar in a frying pan, and stir over the fire until the sugar turns to liquid and begins to smoke. This gives a delicate flavor of caramel and the cream will be of the color of rich coffee. Stir the same into the cream and milk, then freeze. Omit part of the usual amount of cream.

Pineapple Ice-Cream.—Add half a can of grated pineapple or one pint of the ripe fruit grated.

Strawberry Ice-Cream.—Sprinkle sugar over the berries; mash and rub them through a fine sieve. Use one pint of the juice to two quarts of cream or custard.

Banana Ice-Cream.—Add six bananas cut in thin slices, and a little lemon juice if the bananas lack flavor.

Pistachio Ice-Cream.—Add one cup of pistachio nuts, and one-quarter of a cup of almonds, blanched, chopped and pounded to a paste.

Fruit Ice-Cream.—Canned or ripe fruit sweetened to taste, and cut in small pieces, may be added to partly frozen cream, giving many delicious flavors.

Frozen Pudding.—To the same cream mixtures as above, add four teaspoonfuls of wine or rum and one pound of fruit and nuts, or cherries. Freeze for ten minutes before adding the fruit, which should be chopped fine.

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Pineapple Sherbet

1 tablespoonful gelatine,	1 cup sugar,
½ cup cold water,	1 cup cold water,
½ cup boiling water,	1 pineapple or 1 can canned fruit.

Soak the gelatine in the cold water ten minutes. Add the boiling water, and when dissolved, add the sugar, another cup of cold water, and the pineapple from which the heart and eyes have been cut, and which is chopped fine.

For lemon sherbet, use the juice of five lemons; for orange sherbet, the juice of ten oranges and one lemon.

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Puddings

"*Pudding that might have pleased a Dean.*"

POPE.

Orange Pudding

Heat one pint of milk boiling hot; sweeten with one-half cup of sugar; beat two tablespoonfuls of corn starch in the yolks of four eggs; stir into the milk and cook until it thickens; slice four oranges in the pudding dish; sprinkle on one-half cup of sugar; and pour the boiling custard over the oranges. Add to the whites of the eggs two tablespoonfuls of powdered sugar; beat to a stiff froth; spread over the top of the pudding and brown in a quick oven.

Peach Cobbler

Pare, divide in halves and remove the pits from enough peaches to nearly fill a pudding dish; sprinkle well with sugar and a little flour, and fill almost half full with water. Cover the dish with a rich pie crust and bake in a moderate oven for one hour. Serve with cream.

Canned peaches may be used if preferred.

Pineapple Whip

Peel a pineapple carefully and mince it into small bits almost as fine as chopped hash; whip a quart or a pint of cream (according to the size of the family) until it is all a fluff. Stir it and the pineapple together until you have a delightful looking dish. Set it on the ice till very cold and serve with fancy cakes.

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Norwegian Pudding

½ pound prunes,
1 cup sugar,
1 cup boiling water,
2 cups cold water,
1-inch piece stick cinnamon,
½ cup corn starch.

Soak the prunes one hour in the cold water, then boil till soft. Remove the stones and add the meats of the same to the prunes. Add the sugar, boiling water and cinnamon, and let them simmer ten minutes. Dilute corn starch with enough cold water to pour it easily; add it to the prune mixture and cook it eight minutes in a double boiler. Remove the cinnamon; then chill, and serve with cream sauce.

Creamy Sauce.—

½ cup thick cream,
½ cup milk,
½ cup powdered sugar,
½ teaspoonful vanilla.

Mix the cream and milk, beating them with an egg beater. Add the sugar and vanilla.

Cranberry Pudding

Mix one cup of sugar, one-half cup of butter and three eggs; mix two teaspoonfuls of baking powder with two and one-half cups of flour; add this to the first mixture alternately with one-half cup of milk; then add two cups of cranberries and steam two hours. Make the sauce for this pudding a little sweet.

Pudding Sauce.—Beat well together one egg, one cup of sugar and a small piece of butter; add one cup of boiling water and flavoring. Beat the whites separately and stir them in last.

Fig Pudding

Chop one-third of a pound of beef suet and rub to a cream; add one-half a pound of figs chopped fine, two heaping cupfuls of stale bread crumbs mixed with one-half a cup of milk, two beaten eggs, one cup of sugar and one teaspoonful of salt. Steam three hours. Serve with yellow sauce.

Yellow Sauce.—Beat two eggs until very light; add one cup of sugar and beat again; flavor with one scant teaspoonful of vanilla.

Fruit Pudding No. 1

Mix together one cup of molasses, one cup of milk, one cup of suet, two cups of flour, one teaspoonful of soda, one cup of

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chopped raisins, one-quarter of a pound of citron, one cup of currants, and all kinds of spice. Steam until cooked.

Fruit Pudding No. 2

½ box gelatine,
½ pint cold water,
½ pint boiling water,
2 oranges peeled and cut in small pieces,
20 English walnuts cut fine,
Salt,
2 cups sugar,
Juice 2 lemons,
2 bananas sliced,
8 figs cut fine,
½ pound dates cut fine,
Handful raisins cut fine.

Soak the gelatine in the cold water till soft, then add the boiling water and stir till dissolved; add the sugar and lemon juice; strain and set in a cool place till it begins to harden; then add the fruit. Set in a cool place till the next day.

Sauce.—One pint of cream (whipped), one cup sugar, one-half teaspoonful of vanilla.

Indian Pudding

2 cups indian meal,
1 cup molasses,
2 eggs,
2 quarts milk.

Stir the ingredients together and bake four hours.

Prune Pudding

Use half a pound of prunes, whites of three eggs, and one-half cup of sugar. Stew the prunes in as little water as possible, drain off the juice, remove the stones and chop. Add the sugar, then the whites of the eggs, which must be beaten very stiff; whip together thoroughly and put it in the oven to brown. Serve cold.

Sauce.—Boiled custard made from the yolks of the eggs.

Prune Whip

Wash thoroughly one-quarter of a pound of nice prunes, let them simmer till very soft and remove the stones. Rub the pulp through a sieve, add a little sugar and cook it about five minutes. Cool and add the well-beaten whites of four eggs, turn it into a buttered mould and set the mould in a dish of hot water and bake slowly till it is firm. Serve it with a boiled custard sauce made with the yolks of the eggs, or with whipped cream.

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Queen Pudding

1 pint bread crumbs,
1 quart milk,
1 cupful sugar,
Yolks 4 eggs,
Grated rind 1 lemon,
Butter size of egg.

Mix the ingredients and bake like a custard. When baked spread over the top slices of jelly of any kind, and cover the whole with the whites of the eggs beaten to a stiff froth with ~~one cupful of~~ sugar, ~~and juice of the lemon.~~ Brown lightly.

Raisin Puff Pudding

2 eggs,
1 cup milk,
½ cup butter,
2 cups flour,
1 cup raisins chopped fine,
3 teaspoonfuls baking powder,
2 tablespoonfuls sugar.

Mix the ingredients and steam one-half hour in custard cups, filling each cup half full.

Sauce

Mix one even tablespoonful each of butter, flour and sugar; yolk of one egg, add one-half pint of hot water and let them boil. Beat the white of the egg and put it on top, stirring lightly.

Snowy Pudding Sauce

Boil one cup of milk and thicken it with a tablespoonful of flour worked smooth in a little cold water; cook five minutes; add one saltspoonful of salt and set the mixture to cool; cream one heaping tablespoonful of butter with one cup of powdered sugar, add one teaspoonful of vanilla, and beat it into the cool, thickened milk; beat the white of one egg stiff, and beat it gradually into the sauce. To be served with hot puddings.

Brandy Sauce

FOR PLUM PUDDING

1 egg well beaten,
1 cup sugar,
½ cup butter.

Stir the mixture to a cream, and add one tablespoonful of boiling water. Set the dish in boiling water, stirring until the sauce comes to a boil, and add brandy to season.

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Pudding Sauce

Beat one-half cup of butter and one-half cup of sugar to a cream; stir it over hot water till liquid. Add the yolks of two eggs well beaten, flavor to suit the taste, and stir until it thickens.

Claret Sauce

Boil one cup of sugar with one-fourth cup of water, and thicken slightly. When cool add a half pint of claret.

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Cake

"*Sweets with sweets war not, joy delights in joy.*"
SHAKESPEARE.

Almond Tart

Beat the yolks of four eggs until thick and lemon colored; add gradually one cup of powdered sugar, then pour in the whites of the eggs beaten until stiff and dry, one-third of a cup of grated chocolate, one-half cup of Jordan almonds blanched and chopped fine, three-fourths of a cup of cracker dust, and one teaspoonful of baking powder. Bake in a round pan, cool and split. Put whipped cream sweetened between the layers and on the top. English walnuts may be used in place of the almonds.

Angel Cake

Whites 4 eggs,
¼ cup sugar,
¼ cup flour,
¼ teaspoonful cream of tartar,
1 teaspoonful vanilla,
Little salt.

Measure the flour after sifting, add the cream of tartar, and sift four times. Beat the whites of the eggs until stiff and flaky. Add the sugar and beat again, add the vanilla and salt, and mix in the flour quickly and lightly.

Blueberry Cake

2 eggs,
1 cup sugar,
Butter size of egg,
1 cup milk,
2 teaspoonfuls yeast powder,
Flour to stiffen,
Pinch of salt and nutmeg,
2 cups berries.

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Berwick Sponge Cake

Beat six eggs, yolks and whites together, two minutes; add three cups of sugar and beat five minutes; add two cups of flour with two teaspoonfuls of cream of tartar and beat two minutes; add one cup of cold water with one teaspoonful of soda dissolved in it and beat one minute; add the grated rind and juice of half a lemon, a little salt and two more cups of flour and beat one minute. Observe the time exactly in beating. Bake in rather deep pans.

Cocoanut Cake

3 cups sugar,
½ cup butter,
4 cups flour,
3 eggs,
1 teaspoonful cream of tartar,
½ teaspoonful soda,
2 cups cocoanut,
1 cup milk.

Caramel Cake

1 cup sugar,
½ cup butter,
½ cup milk,
2 eggs,
½ teaspoonful soda,
1 teaspoonful cream of tartar,
2 cups flour.

Frosting.—Two scant cupfuls of sugar, two-thirds cup of milk, butter size of an egg. Boil ten minutes and beat until cold, adding one teaspoonful of vanilla when sufficiently cool.

Coffee Cake

1 cup butter,
1 cup brown sugar,
1 cup molasses,
1 cup cold coffee,
Flour to thicken,
½ cup currants,
1 cup raisins,
2 eggs,
1 teaspoonful saleratus.

First put the molasses in a dish, add the saleratus, and as it foams add the other ingredients, adding the eggs and fruit last.

Chocolate Cake with Filling

1 cup sugar,
½ cup butter,
½ cup milk,
2 cups flour,
2 eggs,
1 teaspoonful cream of tartar,
½ teaspoonful soda.

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Filling.—

1 cup milk,
3 tablespoonfuls sugar,
Yolks 2 eggs,
6 tablespoonfuls grated chocolate,
½ tablespoonful flour.

Cook the ingredients in a double boiler until thick. Make caramel or white frosting.

Chocolate Marbled Cake

Beat to a cream one-half cup of butter and one cup of sugar; add one-half cup of sweet milk, one and one-half cups of flour, two teaspoonfuls of baking powder and the whites of four eggs. To one cup of this mixture, add five tablespoonfuls of grated chocolate wet with milk and flavored with vanilla; put a layer of white batter in a pan; drop the chocolate batter with a spoon in spots; then the rest of the white batter. Ice with chocolate icing.

Light Fruit Cake

1 pound eggs,
1 pound butter,
1 pound sugar,
1 pound raisins,
1 pound flour,
1 pound currants,
1 pound citron,
1 teaspoonful cream of tartar,
½ teaspoonful soda.

Fool Cake

1 cup sugar,
1 cup sour milk,
1 teaspoonful soda,
½ cup butter,
1 egg,
Little salt.

This should be eaten warm, with or without butter.

Mother's Green Apple Cake

Boil four cups of green apples in two cups of molasses; cook them away to one-half the quantity. Mix two cups of sugar, three eggs, two cups of milk, one large cup of butter, two teaspoonfuls of all kinds of spice, two teaspoonfuls of soda, six cups of flour and one cup of raisins; add the apple last. The above makes two loaves.

Jelly Roll

4 eggs,
1 cup sugar,
1 cup flour,
½ teaspoonful soda,
1 teaspoonful cream of tartar,
Salt.

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Put soda and cream of tartar into the flour, mix the ingredients, and bake in large, thin sheets. Turn out on a towel, spread with jelly and roll while warm.

Marble Cake

1½ cups sugar,
½ cup milk,
4 eggs,
½ cup butter,
4 scant teaspoonfuls baking powder,
2 cups flour,
Vanilla or lemon.

Mix the ingredients, and to one-half of it add one teaspoonful each of nutmeg, clove, mace, and allspice. Pour in a tin in alternate layers. Bake one hour in a slow oven.

Molasses Gingerbread

½ cup molasses,
½ cup lard or butter,
1 teaspoonful ginger,
2 cups flour,
1 even teaspoonful soda,
½ cup water or milk (if sour milk use a little more soda),
Little salt.

Mountain Cake

2 coffee cups sugar,
1 teacup butter,
4 teacups flour,
1 teaspoonful soda,
1 teacup sweet milk,
4 eggs,
2 teaspoonfuls cream of tartar,

Nut Cake

Mix two cups of sugar and one-half cup of butter together; add four eggs beaten to a froth, one cup of sweet milk, two teaspoonfuls of baking powder, three cups of flour, and two cups of English walnuts chopped. Flavor with vanilla, and frost with white frosting.

Orange Cake

2 cups sugar,
½ cup (small) butter,
Yolks 5 eggs,
3 cups flour,
½ cup water,
Whites 4 eggs,
1 teaspoonful cream of tartar,
Grated rind 1 orange,
½ teaspoonful soda,
Juice 1½ oranges.

Beat the butter to a cream, add the sugar gradually, then the orange, the eggs well beaten, and the water. Sift the flour, and then put in the soda and the cream of tartar, and sift again. Bake it in two sheets in a moderate oven.

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Filling and Frosting.—

White 1 egg,
1½ cups sugar,
Juice and grated rind 1 orange.

Pork Cake

1 large cup fat salt pork chopped fine,
1 medium sized cup boiling water poured on the chopped pork,
1 cup sugar,
1 cup molasses,
2 eggs,
4 cups flour,
1 cup stoned raisins,
1 cup currants,
Citron and all kinds of spice.

Poverty Cake

1 cup sugar,
1 cup buttermilk,
1½ cups flour,
1 cup seeded raisins,
Butter size of egg,
Spice,
1 teaspoonful soda.

Plum Cakes

1 cup sugar,
1 cup chopped raisins,
1 egg,
1 teaspoonful soda,
½ cup butter,
1 cup sour milk,
2½ cups flour,
Cinnamon and nutmeg.

Bake in muffin pans.

Slop-over Cake

1 cup sugar,
2 cups flour,
½ cup butter,
1 egg,
1 teaspoonful soda,
2 teaspoonfuls cream of tartar.

Put the flour, sugar, cream of tartar, and soda into the sifter, and sift three times. Melt the butter and stir it into the bowl with the flour; break into a cup one egg, and fill the cup with sweet milk until it slops over; then beat all together thoroughly. Flavor to suit the taste.

Spice Cake

½ cup butter,
1 cup sugar,
½ cup milk,
3 eggs,
1½ cups flour,
½ teaspoonful baking powder,
1 teaspoonful cinnamon,
½ teaspoonful mixed spice.

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Sponge Cake No. 1

Beat the yolks of five eggs till thick and lemon colored; add one cup of powdered sugar which has been sifted; add grated rind of one lemon and one tablespoonful of lemon juice; add a pinch of salt to the whites of the eggs beaten stiff, and add to the mixture, then fold in one cup of flour which has been sifted four times. Bake in a moderate oven forty minutes.

Sponge Cake No. 2

To the yolks of three eggs beaten well, add the whites beaten stiff; beat again, and add one and one-quarter cups of sugar, beat well, and add one cup of flour in which has been sifted one heaping teaspoonful of baking powder; add one-half cup of cold water, beat all together, and add one cup of flour. Flavor to suit the taste. Bake thirty or forty minutes in a moderate oven.

Webster Cake

Dark

½ cup molasses,
½ cup sugar,
Yolks 2 eggs,
½ cup butter,
½ cup coffee,
All kinds spice,
1 teaspoonful soda,
1 teaspoonful salt,
2 cups flour.

White

½ cup sugar,
½ cup butter,
½ cup milk,
Whites 2 eggs,
1 teaspoonful cream of tartar,
½ teaspoonful soda,
Flour to mix.

Cook the dark part till partly done, then break the crust and add the white.

Wedding Cake

2 pounds butter,
2 pounds brown sugar,
2 pounds flour,
20 eggs,
1 quart brandy,
1 pint molasses,
6 pounds raisins,
6 pounds currants,
3 pounds citron,
1 pound lard,
Shelled almonds, chopped,
Cloves, cassia, allspice, and mace to suit taste.

Bake in a moderate oven four hours.

Ginger Snaps

2 cups molasses,
½ cup brown sugar,
1 large cup butter,
½ cup sour milk,
2 teaspoonfuls saleratus,
3 teaspoonfuls ginger.

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Heat the molasses and butter together, pour hot upon one quart of flour, then add ginger and sour milk. Mix the saleratus with the sour milk.

Molasses Cookies No. 1

2 cups molasses,
½ cup lard,
1 tablespoonful ginger and cloves,
1 teaspoonful soda,
Flour to roll properly.

These require a hot oven.

Molasses Cookies No. 2

2 cups molasses,
1 cup lard,
½ cup sour milk,
Flour to mix,
Ginger and salt.

Peanut Cookies

3 dessertspoonfuls butter,
½ cup sugar,
1 egg,
3 dessertspoonfuls milk,
1 cup flour,
½ teaspoonful cream of tartar,
½ teaspoonful soda,
1 cupful chopped peanuts.

Drop in buttered pans with a spoon, far enough apart to prevent their running together.

Hermits

1 cup butter,
1½ cups sugar,
3 eggs,
1 cup raisins, stoned and chopped,
1 teaspoonful soda,
1 teaspoonful cloves,
1 teaspoonful cinnamon,
1 teaspoonful allspice,
1 teaspoonful lemon,
Flour enough to roll out.

Bake quickly.

Lemon Wafers

¼ cup butter,
½ cup boiling water,
1 cup sugar,
Lemon,
1 teaspoonful Royal baking powder,
Salt.

Cream the butter and sugar together; then add the boiling water and flour enough to roll; set it on ice half an hour to cool before rolling out. Bake in a quick oven.

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Sugar Gingerbread

½ cup butter,
½ cup cream,
1½ cups sugar,
1 scant teaspoonful both ginger and soda.

Mix stiff with flour. Roll thin.

Icing for Cake

Icing.—Beat the white of an egg stiff, adding by degrees a quarter of a pound of sugar. Flavor with lemon juice. This makes the frosting whiter and smoother, and improves it much.

Frosting.—To one cup of sugar add a third of a cup of milk; let it boil hard three minutes; remove from the fire, add one heaping teaspoonful of flour, and stir until it thickens. Flavor with a teaspoonful of orange extract. Pour upon the cake quickly.

Boiled Icing.—Boil one cup of granulated sugar with four tablespoonfuls of water until it drops from the spoon in threads. Have ready the beaten white of one egg, and pour the syrup slowly into it, beating all the time. Flavor, and spread it on the cake while warm.

Frosting.—Soak one teaspoonful of gelatine in one tablespoonful of cold water for half an hour. Dissolve it in two tablespoonfuls of hot water; add one cup of powdered sugar and stir until perfectly smooth.

Butter Frosting.—Into a piece of butter half the size of an egg work as much confectioner's sugar as possible until perfectly smooth, wet with enough milk so that it will spread nicely, and flavor to suit the taste.

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Preserves and Jellies

"It almost makes me wish, I vow,
To have two stomachs like a cow."

HOOD.

Raspberry Preserves

Allow an equal weight of fruit and sugar. Pick over the fruit carefully, laying aside the largest and firmest berries. Mash the remainder, and put them on to boil for ten minutes, then squeeze through a cheese cloth. Put this liquid on to boil with the sugar, remove the scum, and then add the berries. Let them boil up once, skim them out into jars, filling them nearly full. Boil the syrup down until there is about enough to fill the jars, then put the berries back and boil once more, fill the jars and seal quickly.

Strawberries may be preserved in the same way.

Green Tomato Preserves

To one pound of fruit use three-quarters of a pound of granulated sugar. Allow one sliced lemon to every two pounds of fruit. Be sure not to use any lemon that is bitter. Put the sugar on with just sufficient water to melt it, add the tomatoes and the lemon, then let them cook gently until the tomatoes are tender and transparent. The tomatoes should be halved around, and then the halves quartered. This will keep without sealing.

Preserved Plums

Allow an equal weight of sugar and plums. Wash the fruit and put it into a large bowl or jar. Make a syrup with as little water as possible. Boil it, skim it, and then pour it over the fruit. Next day pour off the syrup and let it boil again. Repeat this an-

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other morning, and after the last time turn the plums and syrup into a kettle, let it boil up quickly, and then simmer about twenty minutes. Pour into jars and seal.

Preserved Peaches

Take peaches which are not quite ripe and skin them by putting them into hot lye made from wood ashes. After being in the lye for a few minutes throw into cold water; then the skins will slip off easily. If the peaches are left whole, allow three-quarters of a pound of sugar to a pound of fruit. If the peaches are halved before weighing take a pound of fruit to a pound of sugar. Make a syrup of the sugar, using as little water as possible. Boil the peaches in the syrup until they are tender and transparent. Put the fruit into jars and boil down the syrup until thick and clear. Strain and pour it over the fruit. Seal at once.

Preserved Cherries

Stone the cherries, saving all the juice. To every pound of the stoned cherries allow three-quarters of a pound of sugar. Put the cherries into a preserving kettle, cover with the sugar and let them stand for three or four hours. Then bring to a boil, skim and let them simmer until the cherries are clear. Pour into glass jars and seal.

Preserved Pineapple

Pare the pineapple, being careful to pick out all the eyes. Pick off with a fork or grate off the soft part, rejecting the core. Weigh and allow three-quarters of a pound of sugar to a pound of fruit. Put all into a preserving kettle, stir well and let it stand over night. In the morning let it come to a boil, skim and cook slowly for half an hour. Pour into jars and seal.

Preserved Strawberries and Raspberries

Pick over, wash, drain, and hull berries, then weigh them. Fill jars with the berries. Make a syrup by boiling sugar equal to three-fourths the weight of the prepared berries in water, allowing one cup of water to every pound of sugar. As soon as the syrup reaches a boiling point, skim and cook fifteen minutes. Add sufficient syrup to the fruit to overflow the jars, let them stand fifteen

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minutes, when the fruit will have shrunk and more fruit must be added to fill the jars. Screw on the coyers, put into a kettle of cold water, heat to a boiling point, and keep just below a boiling point for one hour.

Damson Preserves

Wipe the damsons and prick each fruit five or six times, using a large needle, then weigh the fruit. Make a syrup by boiling three-fourths of their weight in sugar with water, allowing one cup to every pound of sugar. As soon as the syrup reaches a boiling point, skim and add the fruit, a few at a time. Cook until soft. Put into glass or stone jars. It is well to use two preserving kettles so the work can be done more quickly.

Raspberry and Currant Preserves

6 pounds currants,
6 pounds sugar,
8 quarts raspberries.

Pick over, wash, and drain the currants. Put them into a preserving kettle, a few at a time, and mash. Cook one hour, then strain them through a double thickness of cheese cloth. Return to the kettle, add the sugar, heat it to a boiling point, and cook slowly twenty minutes. Add one quart of raspberries; when the syrup again reaches the boiling point skim out the raspberries, put them into jars and repeat until all the berries are used. Fill the jars to overflowing and screw on the tops.

Canned Berries without Cooking

Allow one quart of granulated sugar to one of the fruit. Mash them together, a few at a time, being sure that every berry is mashed or they will not keep. Fill the jars with layers of berries and sugar to overflowing and shake down each layer firmly. Screw the covers on as tight as possible. They will keep indefinitely. Currants prepared in this way are delicious with meats.

Canned Cherries

Allow one cup of sugar to every jar of fruit. Put the cherries and sugar in layers into the jars until they are nearly full. Arrange the jars in a boiler with straw or sticks in the bottom. Put in sufficient water to come nearly to the top of the jars. Cover the

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jars, but do not put on the rubbers. Let the water in the boiler boil until the sugar in the jars has melted and formed a clear syrup. Meanwhile have more syrup boiling in a pan, and when the fruit is ready take out the jars, one at a time, fill with this syrup, and seal quickly.

Canned Baked Apple Sauce

Fill a large bean pot with sour apples which have been pared, quartered and cored. Sprinkle over them about one-half cup of sugar to a quart of apples. Then add one quart of water, cover closely and bake several hours in a moderate oven. When red take out the apples and put them into hot glass jars, drain off the syrup and let it boil up once, then fill the jars with the syrup and seal.

Canned Blueberries

Pick over and wash the berries, then stew them in their own juice with, perhaps, a little water at first to prevent them from sticking to the kettle. When all are swollen and well cooked, turn them at once into hot jars, and seal. They will keep without sugar, and are nice for pies. If preferred sweet, add half a cup of sugar to a quart of berries.

Canned Rhubarb

Pare the rhubarb, and cut it in one-inch pieces. Pack it in a glass jar, put it under a cold water faucet and let the water run twenty minutes, and then screw on the covers. Rhubarb canned in this way has been known to keep a year.

Canned Peaches

Wipe the peaches and put them into boiling water, and let them stand just long enough for the skins to come off easily. After removing the skins, cook the fruit at once so that it will not be discolored. Allow one-third the weight of the fruit in sugar, with two and one-half to three cups of water to each pound of sugar. Boil the sugar and water ten minutes to make a thin syrup. Then cook a small quantity of the fruit at a time in the syrup. By so doing the fruit can be kept in perfect shape. Sterilized jars are then filled with the fruit, and sufficient syrup

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added to overflow the jars. If there is not enough syrup add boiling water, as the jars must be filled to overflowing. Insert a spoon handle between the fruit and jar, so that air bubbles may rise to the top and break, then quickly put on the rubbers and screw on the sterilized covers. Let them stand until cold, then tighten the covers. While filling the jars let them stand on a cloth wrung out in hot water.

To sterilize the jars: Wash the jars and fill them with cold water. Set them in a kettle on a trivet and surround them with cold water. Heat them gradually to a boiling point; remove them from the water, empty and fill while hot. Put the covers into hot water, and let them stand five minutes. Dip the bands into hot water, but do not allow them to stand. Use new rubbers each season, and be careful that the rims of the covers are not bent so the jars cannot be hermetically sealed.

Orange Marmalade

Quarter the rind of the oranges, peel it off, and cut into long, thin strips. Cover it with boiling water, and allow it to simmer until tender, changing the water three times. Free the pulp from seeds and tough membrane, weigh the pulp, juice and cooked rind, and allow an equal weight of sugar. Put all together, and let it simmer until thick and jelly like. Turn it into small jars, and cover them with paper.

Brandied Peaches

1 peck peaches,
½ their weight in sugar,
1 quart high-proof alcohol or brandy.

Remove the skin from the peaches, and put alternate layers of peaches and sugar into stone jars, then add the alcohol. Cover them closely, having a heavy piece of cloth under the cover of the jar.

Raspberry or Blackberry Jam

Pick over the berries. Mash a few in the bottom of the preserving kettle, using a wooden potato masher, and so continue until the fruit is used. Heat them slowly to a boiling point, and add gradually an equal amount of heated sugar. Cook it slowly forty-five minutes. Put it into a stone jar or tumblers.

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Currant Jelly

Measure the currants, and add by measure two-thirds as much sugar. Let them stand until some juice is drawn out; then heat them slowly, and cook twenty minutes after they begin to boil. Strain off all the juice that will run through the strainer without pressing, and turn into jelly glasses. Make the remainder into jam by adding spices to taste, heat it again for a few minutes, and then bottle it.

Grape Jelly

Pick over, wash, and remove the stems of the grapes before putting them into the preserving kettle. Heat them to a boiling point, mash, and let them boil thirty minutes. Strain them through a coarse strainer, then allow the juice to drop through a double thickness of cheese cloth or a jelly bag. Measure it, bring it to a boiling point, and let it boil five minutes. Add an equal measure of heated sugar, let it boil three minutes, skim, and pour it into glasses. Place it in a sunny window, and let it stand twenty-four hours. Cover, and keep it in a cool, dry place.

Calves' Foot Jelly

8 calves' feet,
1 pound white sugar,
1 quart port wine.
2 eggs, whites and shell.

Boil the feet in sufficient water to keep them well covered until the water becomes a jelly. Then remove the feet, and add the sugar, wine, whites and shell of the two eggs, and let it boil for five minutes. Pass through a jelly bag, and strain it into moulds.

Apple Jelly

12 pippin apples,
2 quarts cold water,
2 lemons,
Sugar.

Wipe the apples and cut them in quarters. Put them into the cold water and let them stand over night. In the morning, stew them until the liquid is half boiled away; then add the juice of the two lemons and the rind of one. Let it boil ten minutes and strain it through a jelly cloth. Measure the juice and put an equal measure of sugar on plates and set them in the oven. When the juice has boiled until it begins to jelly around the edge of the pan, add the sugar; stir it until melted, remove the scum and strain it into the glasses.

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Crab Apple Jelly

Wash the apples, remove the blossom ends and cut them into small pieces, but do not pare or core them. Cover them with cold water and cook gently until soft. Keep them covered and turn the kettle often, but do not stir the apples. When they are soft and the liquid is red, turn it into a straining cloth and let it drip over night. In the morning, let the liquid boil ten minutes, strain it through a fine cloth and measure it. Allow one-half a pound of sugar to a pint of juice. Let the juice boil alone until it begins to thicken around the edge; then add the sugar and cook five minutes or until it jellies; then skim and turn it into glasses.

Barberry Jelly

4 quarts barberries,
3 pints water,
12 sour apples,
Sugar.

Pick over and wash the berries. Put the berries, water and apples, pared and cored, into a preserving kettle. Let it boil slowly until the whole is soft. Turn it into jelly bags, but do not squeeze it. Let the juice boil twenty minutes, skim and measure it, and to every cup of juice use a large cupful of sugar. Let it boil until it jellies or about thirty minutes. Pour it into tumblers and after three or four days cover with paper.

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Pickles

"*My soul tasted that heavenly food, which gives new appetite.*"

DANTE.

Spiced Currants

4 pounds currants,
4 pounds sugar,
1 pint vinegar,
2 teaspoonfuls cinnamon,
2 teaspoonfuls allspice,
1 teaspoonful cloves,
½ teaspoonful mace,
½ teaspoonful salt.

Boil the sugar, vinegar and spices. When boiling, add the currants, and let them boil twenty minutes. Put it into tumblers, and stand them aside to get cold; then cover with paper.

Spiced Green Tomato Pickle

½ peck green tomatoes,
1 quart water,
1 cup salt,
1 quart best cider vinegar,
1 tablespoonful ground cloves,
1 tablespoonful pepper,
1 tablespoonful allspice,
1 tablespoonful mustard,
1 tablespoonful cinnamon,
1 pound brown sugar.

Slice the tomatoes and cover them with the water in which the salt has been dissolved, letting them stand over night. Drain through the colander, pressing out all the brine. Add the vinegar, spices and sugar, and let them boil ten minutes; then simmer about one hour. It is ready to eat when cold and will keep indefinitely.

Pickled Lemons

Fill a quart preserve jar with the sliced lemon. Cover them with water and add three tablespoonfuls (heaping) of salt. Seal, and let them stand three days before eating. Serve with meats.

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Piccallili, or Chow Chow, No. 1

1 peck green tomatoes,
1 cup salt,
8 pints onions,
½ cup sugar,
1 cup mustard seed,
1½ pints green peppers,
1½ tablespoonfuls ginger,
1 tablespoonful allspice,
1 tablespoonful whole cloves,
½ tablespoonful mace.

Chop the tomatoes, mix the salt with them thoroughly, and let them stand over night. In the morning, drain off the water, and add the chopped onion. Add the other ingredients and cover them with vinegar. Let it boil ten minutes, or until the tomatoes are soft.

Piccallili, or Chow Chow, No. 2

1 peck green tomatoes,
4 green peppers,
6 onions,
1 scant cup salt,
2 teaspoonfuls mustard seed,
2 teaspoonfuls ground clove,
2 teaspoonfuls celery seed,
2 teaspoonfuls ground cinnamon.

Chop the tomatoes, sprinkle with the salt and let them stand over night. Drain in the morning, and add spices and chopped onions. Cover with vinegar and let it cook twenty minutes.

Spanish Pickles

1 peck green tomatoes,
4 onions,
1 cup salt,
½ ounce cloves,
½ ounce allspice berries,
½ ounce peppercorn,
½ ounce brown mustard seed,
1 pound brown sugar,
3 green peppers chopped fine,
Cider vinegar.

Sprinkle alternate layers of thinly sliced tomatoes and onions with salt, and let them stand over night. In the morning drain and put them into a preserving kettle, adding the remaining ingredients. Use sufficient vinegar to cover all; heat gradually to a boiling point and let it boil half an hour.

Pickled Cauliflower

2 cauliflowers,
1 pint small onions,
3 medium sized red peppers,
2 quarts vinegar,
½ pint salt,
4 tablespoonfuls mustard seed.

Cut up the cauliflowers, onions, and red peppers, and cover them with water in which the salt has been dissolved. Let them stand over night, and in the morning drain them. Heat the vin-

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egar with the mustard seeds until it boils. Add the vegetables, and let them boil about fifteen minutes, or until the cauliflower is tender enough to be easily pierced with a fork.

Cucumber Pickles

200 cucumbers,
1 pint salt,
1 ounce whole cloves,
1 ounce allspice,
Alum size of walnut.

Cover the cucumbers with water, and add the salt. Let them stand over night, and in the morning drain off the water. Take as much vinegar as there was water, the spices and alum, and heat all together. Then pour it boiling hot over the cucumbers. Cover them with cabbage leaves. A few green peppers put into the brine with the cucumbers will greatly improve them.

Pickled Red Cabbage

Cut in quarters one good sized red cabbage, and then in very thin slices, after taking off the outside leaves. Sprinkle with salt, and let it stand forty-eight hours. Drain off the salt liquor, and pour over the cabbage a well-seasoned pickle of boiling hot vinegar. Cover the jars until the cabbage is cold, then fasten tightly.

Chopped Pickles

4 quarts chopped green tomatoes,
½ cup salt,
2 teaspoonfuls pepper,
3 teaspoonfuls mustard,
3 teaspoonfuls cinnamon,
3 teaspoonfuls allspice,
3 teaspoonfuls cloves,
½ cup mustard seed,
3 green peppers sliced,
2 chopped onions,
2 quarts vinegar.

Add the salt to the tomatoes, let them stand twenty-four hours, and drain. Add the spices to the vinegar, and heat it to a boiling point. Then add tomatoes, peppers and onions, and cook fifteen minutes after the boiling point is reached.

Chow Chow

1 large head red cabbage,
1 cauliflower,
2 quarts string beans,
2 quarts green tomatoes,
2 quarts silver skin onions,
½ pound granulated sugar,
1 tablespoonful tumeric,
1 ounce white mustard seed,
1 small box ground mustard.

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Cut the cabbage in quarters, removing the core, and shave it into very thin slices. Break the cauliflower into flowerets, but leave all the others whole. Mix all together thoroughly, and add one pint of fine salt. Let them stand over night. In the morning rinse off in cold water and drain. Then add the white mustard seed, the celery seed, and the ground mustard. Cover it well with vinegar, and let it boil twenty minutes. While cooling mix the sugar and tumeric, and stir it thoroughly into the pickles.

Ripe Tomato Cold Pickles

16 medium sized ripe tomatoes,
4 small green peppers,
4 small onions,
1 cup vinegar,
1 cup sugar,
½ cup salt.

Chop the tomatoes, peppers and onions fine, and then add the vinegar, sugar and salt. Mix thoroughly, and put up cold.

Chili Sauce

18 ripe tomatoes,
6 onions,
3 green peppers
1 cup sugar,
2½ cups vinegar,
2 teaspoonfuls salt,
1 teaspoonful cinnamon,
1 teaspoonful allspice,
1 teaspoonful nutmeg,
½ teaspoonful cloves.

Scald and peel the tomatoes, and cook them with the onions and peppers until tender. Add the sugar, vinegar and spices, and cook ten minutes longer.

Tomato Catsup

1 peck ripe tomatoes,
4 large onions sliced,
½ cup salt,
3 tablespoonfuls black pepper.
1 tablespoonful red pepper,
1 tablespoonful allspice.
½ tablespoonful cloves.

Mix all together, and stew them about two hours, or until very soft. Just before taking them from the fire, add one quart of vinegar, and rub them through a colander. Put it on to boil again, then seal an once.

Chutney Sauce

12 green sour apples,
2 green peppers,
6 green tomatoes,
4 small onions,
1 cup raisins,
1 quart vinegar,
2 tablespoonfuls mustard seed,
2 tablespoonfuls salt,
1 tablespoonful powdered sugar,
2 tablespoonfuls brown sugar.

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Remove the seeds from the raisins and peppers, then add the tomatoes and onions, and chop all very fine. Put the vinegar, sugar and spices on to boil, add the chopped mixture, and let it simmer one hour. Then add the apples, pared and cored, and cook slowly until it is soft. Keep it in small bottles, well sealed.

Pickled Walnuts

Take large walnuts with thick outer rind, which have been gathered early in the summer, when tender enough to be easily pierced with a pin. Lay them in strong salt water, half a cup of salt to one quart of water, for several days or until tender, changing the water every other day. Take them out and wipe dry and put them in the hot sun until black, turning them occasionally so that they will blacken uniformly. Then wipe them dry and fill the jars three-fourths full. Take a little more than vinegar enough to fill the jars, and to every quart allow one-quarter of a cup of brown sugar, twelve cloves, twelve peppercorns, twelve allspice berries, twelve cassia buds and one square inch of cinnamon. Boil the spices in the vinegar ten minutes, then strain and pour it boiling hot over the nuts. Repeat this twice, and after the last time cover them closely or seal and put them in a cool, dry place. Let them stand one month before using.

Pickled Cherries

5 pounds cherries,	½ ounce cinnamon,
1 quart vinegar,	½ ounce cloves,
2 pounds sugar,	½ ounce mace.

Boil sugar, vinegar and spices together (grind the spices and tie in muslin bag) and pour hot over the cherries (stoned or not), and can.

Pickled Onions No. 1

For pickling choose the small, white onions. Pour boiling brine over them two days in succession, then drain, place in jars and cover with cold vinegar.

Pickled Onions No. 2

Peel small, white onions and cover them with brine, allowing one cup and a half of salt to two quarts of boiling water, and let them stand two days. Drain and cover with more brine, and let

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them stand two days more and again drain. Make more brine and heat it to a boiling point, put in the onions and boil three minutes. Put them in jars, interspersing them with bits of mace, white peppercorns, cloves and bits of bay leaves and slices of red peppers. Fill the jars to overflowing with vinegar scalded with sugar, allowing one cup of sugar to one gallon of vinegar. Cork the jars while hot.

Mustard Pickles

1 quart small cucumbers whole,
1 quart large cucumbers cut lengthwise,
1 quart button onions,
1 large head cauliflower
4 green peppers.

Soak all except the peppers in brine over night, using for the brine two quarts of water and one cup of salt. In the morning scald in that brine and drain, then put them into the dressing.

Dressing.—

6 tablespoonfuls mustard,
1 tablespoonful tumeric powder,
½ cup flour,
1 pound brown sugar.

Mix the ingredients in a little cold vinegar and then stir it slowly into two quarts of hot vinegar, stirring constantly to prevent scorching. Add four green peppers chopped very fine. Then put them into glass jars and seal.

Cucumber Pickles

200 small cucumbers,
1 ounce allspice,
1 ounce whole peppers,
1 ounce whole cloves,
1 ounce white mustard seed.

Wash the cucumbers and place them in a crock with one-quarter of a cup of salt, two-thirds of a teaspoonful of powdered alum, and cover them with boiling water. Let them stand twenty-four hours, then wipe the cucumbers dry and put them into glass jars with cold vinegar and spices. Seal the jars tightly.

Watermelon Sweet Pickles

Prepare the spiced pickle in the following proportions: to every eight pounds of melon take one pint of vinegar and three pounds of sugar; mix half a teaspoonful each of ground mace and

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cloves, and one teaspoonful each of ginger, allspice and cinnamon. Tie this mixture into a small piece of cheese cloth and boil it with the vinegar. Cook the strips of melon first in clear water until tender, then put them into the hot syrup. Skim them out into a large bowl, boil the liquid down and pour it over the melon. Repeat this three or four times; the last time heat all together, then put into jars and seal.

Sweet Pickled Pears

Take ten pounds of Bartlett pears not quite ripe, wipe them, remove the blossoms and then cook them until tender. Remove the fruit and strain the water. Take one quart of this water, adding to it one quart of vinegar, five pounds of sugar and half a cup of mixed whole clove, allspice, mace and stick cinnamon. Let it boil half an hour, then add the pears and when well scalded remove and pack them in glass jars. Boil the syrup down until there is enough to cover the fruit, then pour it over it and seal at once.

Sweet Pickled Peaches

8 pounds peaches,	2 ounces whole cloves,
4 pounds sugar,	2 ounces stick cinnamon,
1 quart vinegar,	½ ounce ginger root.

Wipe the peaches well to remove the fur. Boil the vinegar, sugar and spices together ten minutes. Add the peaches and let them stand just a minute or two, being careful not to let them boil or become soft. Then pour them into a stone jar, and in a week pour off the vinegar and scald again.

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Chafing Dish Receipts

"*Give us the luxuries of life, and we will dispense with the necessaries.*" MOTLEY.

Stewed Mushrooms

½ pint button mushrooms,
2 teaspoonfuls butter,
1 teaspoonful salt,
½ teaspoonful pepper,
1 small piece mace.

Put the butter into a chafing dish and melt it. Add the mushrooms, salt, pepper, and mace well pounded. Stew until the mushrooms are done, and serve on a hot dish.

Mushrooms en Ragout

Mushrooms,
Stock,
Vinegar,
Parsley,
Chopped green onion,
Salt and pepper,
Yolk of eggs.

Put a little stock into the chafing dish, and when hot add the vinegar, chopped parsley, onion, salt, and pepper. When scalding hot put in the mushrooms nicely cleaned, and when done thicken it with the yolks of eggs and serve hot.

Lyonnaise Potatoes

1 pint cold potatoes,
Salt and pepper,
1 scant tablespoonful minced onion,
1 heaping tablespoonful butter,
1 tablespoonful chopped parsley,
1 tablespoonful vinegar.

Fry the onions in butter until yellow. Add the potatoes seasoned with salt and pepper, and stir with a fork until they have

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absorbed all the butter, being careful not to break them. Add the parsley, and serve hot. The vinegar heated with the butter gives the potatoes a nice flavor.

Salt Codfish

½ pint dessicated codfish,
2 tablespoonfuls butter,
1 tablespoonful flour,
1 gill cream.

Put the butter into the chafing dish, and when melted add the flour, stirring constantly. Add codfish which has been soaked for an hour in tepid water. Add the cream and a little pepper. Let it simmer ten minutes, stirring constantly.

Frog Saddles

Frogs' legs,
3 tablespoonfuls butter,
1 gill cream,
Pepper, salt, and nutmeg.

Melt the butter, stirring the flour into it slowly until smooth, then add the cream. Put in the frogs' legs and season with pepper, salt, and nutmeg. Cover and cook them twenty minutes. A little more cream may be added while cooking, if necessary.

Fried Shrimps

Shrimps,
1 tablespoonful butter,
Pepper,
Slices of lemon.

Shell the shrimps, put them with the butter into the chafing dish, and heat gently until the butter is melted and the shrimps thoroughly heated. Season with pepper and salt, and serve. Trim the dish with thin slices of lemon.

Salted Almonds

½ pound almonds,
1 tablespoonful butter or olive oil,
Salt.

Shell, blanch, and dry the almonds. Put the butter or oil into the chafing dish, and when heated add the almonds. Cook to a delicate brown, shaking the dish constantly and stirring them often to keep from burning. Drain the almonds, and dry on a soft paper, and sprinkle them with fine salt.

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Fish Roe

Shad roe,
2 tablespoonfuls butter,
1 tablespoonful lemon juice,
Yolks of two hard boiled eggs,
1 cup grated bread,
Parsley (chopped),
Pepper and salt.

Put the butter into a chafing dish, add the roe, which has been boiled ten minutes in salted water, and break it up lightly with a fork. Add the eggs mashed fine, grated bread, parsley, pepper and salt. Stir constantly until mixed. Add the lemon juice just before serving.

Excellent Beefsteak

Porter House steak,
Butter,
Cream,
Pepper and salt,
Yolk 1 egg.

Heat the chafing dish very hot. Lay the steak in the hot, dry dish, and cover instantly as tightly as possible. When the meat touches the heated dish it will seethe and adhere to it, but in a few seconds it will become loosened and juicy. Turn the steak quickly every half minute, leaving it uncovered as little as possible. When nearly done sprinkle it with pepper and salt. Finish cooking, take up and place it between two hot plates, with a piece of butter on top. If you wish much gravy add three or four tablespoonfuls of rich cream to the juice remaining in the chafing dish, let it boil up, and stir in quickly the well-beaten yolk of egg. Put the gravy over the steak and serve hot.

Petit Pois

1 can French peas,
2 tablespoonfuls butter,
Salt and pepper.

Put the butter into a chafing dish, and when melted add the peas. Season with pepper and salt, and cook them ten minutes.

Sweetbreads

Sweetbreads,
1 tablespoonful butter,
Salt pork strips.

The sweetbreads should be well washed and dried. Run the pork in with a needle. Put the butter into a chafing dish, and when

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hot lay in the sweetbreads. Salt and cook, turning them often to crisp the pork.

Shrimps

½ pint shrimps, fresh or canned,
1 tablespoonful tomato sauce,
2 tablespoonfuls butter,
½ onion grated,
½ cup boiled rice,
Gill of cream.

Put the butter into a chafing dish. When hot stir in the onion and rice; add cream, shrimp and tomato sauce. Stir until it boils, then let it simmer five minutes.

Curried Lobster

Put into the chafing dish a tablespoonful of butter, and fry an onion and an apple, chopped very fine, until they are thoroughly cooked. Add one-half teaspoonful, or less, of curry powder according to taste. Mix a tablespoonful of corn starch with half a pint of cream or milk; pour it into the chafing dish, and when it is smooth and very hot add the lobster, or shrimp, cut in small pieces.

Breaded Tongue with Tomato Sauce

6 slices cooked corned tongue,
½ can tomatoes,
1 slice onion,
Bit of bay leaf,
3 tablespoonfuls butter,
3 tablespoonfuls flour,
½ cup dried bread crumbs,
1 egg,
Salt and pepper.

The tongue should be cut in slices little less than a half inch thick. Dip the slices into the crumbs, then into the egg, and again into crumbs and sauté in butter. Place them on a dish and pour around the sauce.

Sauce.—Cook the tomatoes, onion and bay leaf fifteen minutes, strain and add them to the butter and flour cooked together. Season to taste with salt and pepper.

Lobster à la Newberg

1 pound lobster meat,
1 tablespoonful butter,
1 gill sherry,
3 eggs,
½ pint cream.

Cut the lobster in small pieces, and put it into a chafing dish with butter. Season well with pepper and salt, pour wine over

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it and cook ten minutes. Add the beaten yolks of eggs and the cream. Let it come to a boil, and serve immediately on toasted bread.

Plain Omelette

4 fresh eggs, 1 walnut of butter.
4 tablespoonfuls milk,

Break the eggs into a bowl with the milk, and whip very thoroughly. Put the butter into the chafing dish, and when very hot run the eggs into it. Run a thin-bladed knife under the bottom to loosen, but do not stir it. When done, quickly and carefully roll the edge over and over until all is rolled up. Turn it out on a hot plate and serve.

Welsh Rarebit No. 1

Melt two teaspoonfuls of butter in a chafing dish, and when melted add one pound of cream cheese either grated or cut fine. Stir constantly. When smooth and creamy, pour in one tablespoonful of Worcester sauce well mixed with a little salt and pepper. When all are mixed, add one wineglassful of ale or beer (ale is better), and stir quickly until a little thickened. If it should be stringy, add a little more ale or beer. Serve on crackers.

Welsh Rarebit No. 2

1½ pounds cheese, 1 teaspoonful dry mustard,
1 tablespoonful butter, ½ pint beer.

Put the butter into a chafing dish, and when melted add the cheese cut in small dice, mustard and a little cayenne pepper. Stir all the time; add a small amount of beer to prevent burning. Add the beer gradually. Serve hot on toast.

English Monkey

Melt together butter the size of an egg and one-half pound of cheese. Soak one cup of bread crumbs in one cup of milk fifteen or twenty minutes; add them to the cheese and butter. Add one-half teaspoonful of mustard, one-half teaspoonful of salt, and pinch of cayenne. Cook a little and then add one egg well beaten. Serve on crackers or toasted bread.

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Celeried Oysters

1 pint oysters,
½ cup melted butter,
½ cup fine cracker crumbs,
1½ cups thin white sauce,
2 stalks celery chopped fine,
4 slices toast,
Salt and pepper.

Wash the oysters, drain and dry them between towels. Season with salt and pepper, and dip them into the melted butter, then into the fine cracker crumbs. Cook them in a hot buttered chafing dish. Arrange them on toast, pour over the white sauce and sprinkle with celery.

White Sauce.—Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, one-fourth teaspoonful each of salt and pepper, and add gradually one cup of scalded milk.

Oyster Grill

1 pint oysters,
Butter, salt, and pepper to taste.

Wash, pick over, and drain the oysters. Put them into a chafing dish and cook until plump, removing the liquid as it flows from the oysters. Season with butter, pepper, and salt, and serve at once with small crackers.

Oysters a la Créme

25 oysters, blanched and drained,
2 tablespoonfuls butter,
½ pint cream,
1 saltspoonful salt,
1 saltspoonful pepper,
Mace or nutmeg,
2 bay leaves,
2 dessertspoonfuls cracker crumbs.

Put into the chafing dish butter, salt, pepper, a little mace or nutmeg, and two bay leaves. When hot add the cream. When boiling sift in the pounded crackers, then the oysters, and cook two minutes. Serve on hot toast.

Oysters à la D'Uxelles

1 pint oysters,
2 tablespoonfuls chopped mushrooms,
2 tablespoonfuls butter,
2 tablespoonfuls flour,
½ teaspoonful salt,
½ teaspoonful lemon juice,
Few grains cayenne pepper,
1 egg yolk,
1 tablespoonful sherry.

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Clean the oysters, heat them to a boiling point, and drain. Reserve the liquor and strain it through a cheese cloth. There should be three-quarters of a cupful. Cook the butter and mushrooms five minutes, add the flour and the oyster liquor gradually, and cook three minutes. Add salt, lemon juice, cayenne, oysters, egg, and sherry. Serve on pieces of toast or zephyrettes.

Chicken and Oysters

2 tablespoonfuls butter,
3 tablespoonfuls flour,
½ tablespoonful salt,
¼ saltspoonful celery salt
¼ saltspoonful pepper,
1 cup milk,
1 cup cooked chicken cut in dice,
1 cup oysters,
5 slices toast.

Melt the butter, add the flour, salt, and pepper. When well mixed add gradually the milk, then the oysters, washed and drained, and the chicken last. As soon as the oysters are plump serve on toast.

Veal may be substituted for chicken.

Pigs in Blankets

Large oysters,
Fat English bacon,
Pepper and salt,
Buttered toast.

Season the oysters with pepper and salt. Wrap each in a very thin slice of the bacon, and fasten with a wooden toothpick. Have the chafing dish very hot, and cook the pigs just long enough to crisp the bacon, taking care not to let it burn. Serve hot on small pieces of toast. Garnish with parsley.

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Candies

"*Whose are the sweets that never pall,*
Delicious, pure, and crowning all."

COLES.

Fudge

3 cups sugar,
1 cup milk,
2 squares Baker's chocolate,
1 tablespoonful butter,
1 tablespoonful vanilla.

Boil the sugar and milk until it will ball in cold water, then add chocolate, butter, and vanilla. Beat until creamy and turn it into a greased pan.

Panocha

3 cups brown sugar,
1 cup milk,
½ cup chopped peanuts,
1 tablespoonful butter,
1 tablespoonful vanilla.

Boil the sugar and milk until it balls in cold water; then stir in butter and vanilla and beat until creamy. Add peanuts and pour into a greased pan to harden.

Walnuts may be used instead of peanuts.

Vinegar Candy

2 cups sugar,
2 scant teaspoonfuls cream of tartar,
½ cup vinegar,
Butter size of a walnut.

Boil the ingredients without stirring until it strings; pour into a greased pan and cool until hard enough to pull. Flavor while working with vanilla.

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Crystallized Orange Peel

Soak orange peel in water for several days, changing the water each day. Cut the peel in strips and place it in boiling water; let it simmer on the stove for half an hour, after which drain. For ten orange peels use two cups of sugar Put a layer of sugar and a layer of orange peel alternately in the pan and let the mixture simmer until all the sugar is absorbed, stirring it gently so the sugar will not burn. A dessertspoonful of lemon juice added just before the sugar is all absorbed will bring out a stronger orange flavor. Take from the stove and cool awhile; then roll the strips in granulated sugar and let them dry before closing them up in a receptacle.

Peppermints No. 1

2 cups sugar,
Cream of tartar size of a bean,
1 cup water,
Peppermint flavoring.

Mix the ingredients thoroughly before putting them on to boil. Let it boil without stirring until it will ball in cold water, then beat with a spoon and drop on paraffine paper. If it hardens before all is dropped, the bowl can be put in a dish of hot water.

Peppermints No. 2

1 cup granulated sugar,
4 tablespoonfuls boiling water,
4 drops oil of peppermint,
4 tablespoonfuls powdered sugar.

Let the granulated sugar and water boil four minutes; add peppermint and powdered sugar, and drop on marble.

By using oil of wintergreen instead of peppermint, also a little coloring matter which usually comes in a box of gelatine, checkermints may be made.

Chocolate Caramels No. 1

1 cup molasses,
½ cup sugar,
1 tablespoonful butter,
½ cup cocoa,
½ cup milk.

Mix, and let the ingredients boil until almost brittle when dropped into cold water. Pour it into buttered pans and cut in squares.

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Pop Corn Balls

After popping the corn, sprinkle salt upon it and keep warm in the oven until the candy is ready. Boil the molasses as for candy until it will not stick to the teeth. Before removing it from the fire put in a small piece of butter. Pour the candy over the warm corn in a large, shallow pan, and stir quickly until thoroughly mixed. Make into balls immediately before it cools.

Butter Scotch

1 cup sugar,
½ cup molasses,
2 tablespoonfuls vinegar,
2 tablespoonfuls boiling water,
½ cup butter.

Boil the ingredients together until brittle when tried in cold water. Turn into a buttered pan, and when slightly cool mark it with a sharp-pointed knife in squares. Some cook small pieces of vanilla bean with the other ingredients to improve the flavor.

Horehound Candy

½ square inch pressed horehound,
½ teaspoonful cream of tartar,
2 cups boiling water,
3 cups sugar.

Pour boiling water over the horehound, which has been separated in pieces. Let it stand one minute, then strain through double cheese cloth. Put it into a granite kettle with the remaining ingredients, and boil until brittle when tried in cold water. Turn into a buttered pan, and when slightly cool cut it in small squares with a sharp-pointed knife. Small square packages of horehound may be bought for five cents.

Chocolate Caramels No. 2

2½ tablespoonfuls butter,
2 cups molasses,
1 cup brown sugar,
½ cup milk,
3 squares chocolate,
1 teaspoonful vanilla.

Put the butter into a kettle, and when melted add molasses, sugar, and milk. Stir until the sugar is dissolved, and when a boiling point is reached add chocolate, stirring constantly until the chocolate is melted. Let it boil until when tried in cold water a firm ball may be formed in the fingers. Add vanilla just after taking it from the fire. Turn it into a buttered pan, cool, and mark in small squares.

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Glacé Nuts

2 cups sugar,
1 cup boiling water,
½ teaspoonful cream of tartar.

Put the ingredients into a saucepan, stir, place on a range, and heat to a boiling point. Let it boil without stirring until the syrup begins to discolor. Wash off the sugar which adheres to the sides of the saucepan with the hand first dipped into cold water. Remove the saucepan from the fire, and place it in a larger pan of cold water to instantly stop boiling. Remove it from the pan of cold water and place it in a pan of hot water during dipping. Take each nut separately on a long pin and dip it into the syrup to cover it, remove it from the syrup, and place it on oiled paper.

Cream Candy

1 pound pulverized sugar,
½ teacup vinegar,
½ teacup water.

Mix the ingredients thoroughly and boil in a porcelain kettle one-half hour without stirring. Add flavoring to suit the taste, and pour upon buttered plates, without stirring. When sufficiently cool cut it into any form to suit the fancy.

Cocoanut Puffs

Mix two cups of grated cocoanut with one cup of sugar, whites of two eggs beaten stiff, and two tablespoonfuls of corn starch. Drop from a teaspoon upon buttered paper, and bake them quickly. Cool before removing them from the paper.

Molasses Candy

1 cup molasses,
1 cup sugar,
3 tablespoonfuls vinegar,
1 tablespoonful butter.

Mix the ingredients thoroughly, and let them boil twenty minutes without stirring; pour upon buttered plates, and when cool work and cut it in sticks.

Butter Taffy

2 cups light brown sugar,
¼ cup molasses,
2 tablespoonfuls vinegar,
2 tablespoonfuls water,
⅛ tablespoonful salt,
¼ cup butter,
2 teaspoonfuls vanilla.

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Let the sugar, molasses, vinegar, water, and salt boil until brittle when tried in cold water. When nearly done add butter, and just before turning it into a pan add the vanilla. Cool and cut it in squares.

Creamed Dates, Creamed Walnuts, Nut Paste

To the white of one egg add an equal amount of cold water. Into this stir confectioner's sugar until it makes a thick paste. Mould this into small balls, and put them between half walnuts. Flavor with vanilla.

For creamed dates, mould into small balls, and put these inside of stoned dates.

For nut paste cut or chop nuts of any kind, and stir them into the paste, mould, and cut it into small squares.

Walnut Macaroons

Beat the white of one egg stiff, stir in half a cup of sugar and one teaspoonful of flour, add a few drops of lemon extract, and half a cup of chopped walnuts. Drop this mixture, a teaspoonful at a time, on buttered paper, and bake it in a hot oven. The paper should be laid on a smooth, clean board.

Walnut Taffy

Boil half a pint of molasses until it crisps when dropped into cold water; stir in a pint of nut meats chopped fine, cook ten minutes on a slow fire, stirring constantly; add a pinch of soda, stir hard one minute, and pour it into a well-buttered pan.

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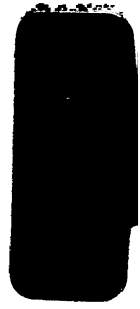

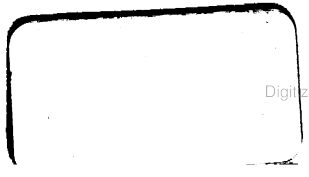

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